Chichester Herald

Friday 13th April 2012
YOUR FREE WEEKLY NEWSPAPER

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Goodwood gets Xtra Factor

Popular star unveiled as part of line-up

Dean Adams
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GOODWOOD Racecourse has announced a surprising part of its line-up for the summer 'Three Friday Nights' – by signing up the X Factor presenter

The racecourse this week announced that TV & radio presenter, Dermot O'Leary and The Streets frontman, Mike Skinner, will each step on to the hallowed turf of Goodwood Racecourse's Parade Ring to perform as part of Three Friday Nights, a vibrant combination of racing, music and dancing on the 8th, 15th and 22nd June.

After dark, heels will replace hooves as the Parade Ring transforms into a unique music arena. Thousands of race-goers flocked to the stage last summer to see Boy George, Chris Evans and Mark Ronson after the horse racing for the first ever Three Friday Nights as spectators joined in the fun with music and dancing at one of Britain's most picturesque racecourses nestled within the heart of Goodwood Estate's rolling countryside.

> "Dermot is best known for presenting one of Britain's most popular TV programmes"

Popular television & radio presenter O'Leary – who will be a welcome surprise inclusion by many, will take to the stage on the 15th June during the Three Friday Nights celebrations to perform his hotly anticipated DJ set. A firm favourite on both our TV screens and Radio, Dermot is best known for presenting one of Britain's most popular TV programmes, X Factor and will now add a performance at Goodwood Racecourse to his belt.

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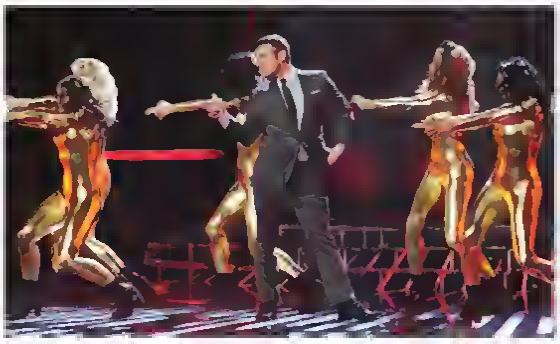

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Festival Theatre refurb out to tender

CHICHESTER Festival Theatre (CFT) has gone out to tender on an £11m programme of works to remodel and refurbish the Grade II listed 1960s building.

Redevelopment plans for the Festival Theatre received unanimous approval from Chichester District Council for planning permission and listed building consent in December 2011.

The theatre, with the assistance of Drivers Jonas Deloitte, has now published a contract notice in the UE Official Journal.

The Theatre is celebrating its 50th anniversary this year but is now showing the effects of wear and tear from years gone by.

The original layout of the building was suited to its initial purpose as a short summer festival venue.

Many of the back of house areas were rudimentary, but there was, nonetheless, an exhilarating 'make do and mend' attitude. The wardrobe department, for example, was housed in a local disused pub and additional dressing rooms were provided in the form, literally, of tents in the park.

Now, the Theatre is looking forward to the next 50 years.

The Proposal:

- They plan to improve to improve the foyer and its connection with the park.
- Make the most of the space in the original foyer, and enlarge where necessary.
- Add new front of house facilities.
- Address seating layouts and lift access and improve accessibility for wheelchair users.
- Provide a better emergency exit system.
- Review the layout of the seating, improve sightlines and acoustics.
- Improve the outdated ventilation system.
- Upgrade the level of insulation to improve the thermal and acoustic performance of the building.
- Use more sustainable technologies to minimise future running costs.
- Substantially improve thermal insulation, target further CO2 reductions by adopting renewable technologies.
- Improve the routing for scenery and equipment from delivery to stage, currently obstructed by the poor layout of the later extensions and staff parking.
- Improve constricted back of house areas; strip out redundant duct-work and technical equipment; upgrade and improve the lighting, creating a new strategy to enhance the significant aspects of the existing building, upgrade all systems to meet current regulations.
- Improve the appearance of the building when approaching it from the car park; improve the space between the Festival Theatre and the Minerva Theatre, creating a shared landscaped piazza.

Mike [illegible]

Continued from page 1

Mike Skinner, Previously fronting popular British band, The Streets, will now debut solo at Goodwood as the closing act of Three Friday Nights on the 22nd June. The Streets' first song, 'Has it come to this?' was released in 2001 from their debut album 'Original Pirate Material' and was credited as the first UK garage song to become successful. The track was reviewed by popular music magazine, NME as 'the most original, lyrical British rap in memory' charting 'an evolutionary route for UK garage'. With over ten years' experience, four albums, countless festival performances and numerous top ten hits under his belt, Skinner is set to deliver an unforgettable finale to the electrifying Three Friday Nights extravaganza.

The opening act of Three Friday Nights is unknown but is soon to be released as Goodwood welcomes in the summer.

Chichester Cathedral's 'celebrity' falcons lay four eggs

'CELEBRITY' birds of prey nesting on Chichester Cathedral are thought to have laid four eggs in their 12th year on the site, the RSPB has said.

The charity said the peregrine falcons' nest had become one of the most successful monitored nests in the UK.

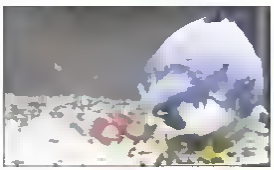
Twelve years of breeding on the site was an impressive record, it added.

The nest installed by the Sussex Ornithological Society has a regular following and the birds have their own Facebook page with hundreds of fans.

Protected site Project officer Molly Dahlde said: "It's fantastic that peregrines are once again nesting on Chichester Cathedral."

She added: "It's great that we have a full clutch of eggs again, and the female seems to be a very experienced mother, so fingers crossed that they will all hatch and fledge again successfully."

She said it was thought the birds benefited from the protection the site offered and a little human help with creating good nesting conditions.



The birds have raised 38 chicks at the cathedral site since 2002.

From 13 April, the RSPB will be based at the cathedral for its Date with Nature Project, offering people a chance to watch the birds at close range.

Visitors will be able to view live footage of the nestbox and also use binoculars and telescopes to watch the birds flying and perching on the pinnacles and turrets of the cathedral.

Huge fire in West Wittering

A LARGE scale fire has taken place at a house in West Wittering needing twelve fire crews to tackle the blaze.

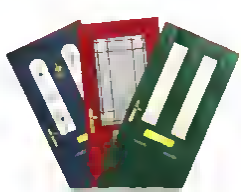
The house, which is still under construction, caught fire on Wednesday night.

Fire crews attended from both West Sussex and Hampshire to the detached residential property off Berry Bare Lane near East Strand at around 11pm.

Twelve fire engines – two from Chichester, and one from Wittering, Selsey, Bognor, Littlehampton, Arundel, Havant and Worthing – were sent to the scene.

The cause of the fire is under investigation.

Fantastic deals this Spring



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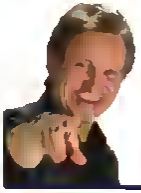
The peasants looking on with a mixture of derision and envy



Tommy Boyd

CHICHESTER MOMENT

Walking up North St Sunday lunchtime. Suddenly there's an open top vintage car weaving towards The Cross, shoppers scampering for the safety of doorways. Driven by an elderly gent in a Rupert Bear hat. Followed by a younger man in a vintage Bentley, waving to tell the old boy he'd driven into a pedestrian precinct. They reach The Cross and make a right into West St, but the bollards prevent them joining the road. The old boy swerves right and chugs along the pavement, past Waterstones, the Bentley squeezing along behind. A crowd gather. He reaches the front of the Army and Navy, still on the pavement, and clunks down the kerb onto the road, then does the world's worst frantic three point turn and heads back towards The Cross, and goes right again, vanishing down South St. Pure Toad of Toad Hall, the upper classes doing what they like, the peasants looking on with a mixture of derision and envy.

RAINY BANK HOLIDAY

Bored, we drive to Pagham to paddle in the surf, but it's blowing a gale and we head back home. I surf the internet and find a nice piece of software for my laptop. It's £30.09, or free if you open a William Hill betting account. William Hill is offering a free bet of £25 provided your first bet loses. So this all stacks up. I open an account, back Berloq to beat 5 lake in the tennis, and download my free software. Life is sweet!

Ten minutes later William Hill emails me to say my account is frozen. They have reason to believe I'm under 18. They want me to fax my birth certificate. Many phone calls. I counter that my fax machine is gathering dust in the attic. They counter that I must photograph the certificate and send a high resolution JPEG to the Age Verification office. I demand to know what makes them think I'm a child. Then it turns out my digital camera isn't up to it, and my printer doesn't have a scanner.

Now I'm in the William Hill shop in Crane St, where the very helpful staff verifies that I am indeed over 18 and phones my details through. When I get home the software is disabled as my betting account has been denied, and my laptop refuses to uninstall. My William Hill account is reactivated, and

shows a £7.50 profit as Berloq defies my thinking and beats Blake.

I have laboured for approximately 8 hours, lost £30.09 worth of software, and gained £7.50. It it got me through a rainy Bank Holiday. Did you have any fun?

WIFE'S CUCKOO'S NEST MOMENT

She believes that the garden has come on because we put the clocks forward and the plants get an extra hour of sunshine in the evening. As Big Chief says: "Hmmm. Juicy Fruit."

JOKE

Two inmates are strolling the grounds when one is hit by a splodge of pigeon droppings. The other says: "Wait here, I'll get some toilet paper". The first one says "Don't be silly, it'll be miles away by the time you get back."

CONTACT TOMMY AT TOMMY.BOYD@CHICHESTERHERALD.CO.UK FOLLOW TOMMY ON TWITTER @THETOMMYBOYD

Two arrested following assault on man in Bosham

POLICE are appealing for further information following an attack on a man in his 40s outside his home in Shamrock Close, Bosham on Friday (6 April).

Police and emergency services were called to the victim's house at around 8.45pm to find him with a serious head injury. He was taken by ambulance to St Richards Hospital for treatment and has since been discharged.

A Sussex Police Spokesperson said: "We are still investigating the exact circumstances that led up to this nasty attack and are appealing for anyone with information to please call 101 quoting serial 1585 of 6/4 or the independent charity Crimestoppers anonymously on 0800 111 555."

Two men aged 36 and 47, both from Bosham, were arrested nearby on suspicion of grievous bodily harm and have been bailed until 4 May pending further enquiries.

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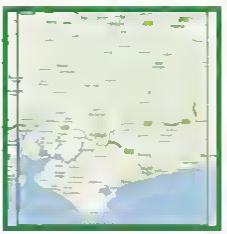

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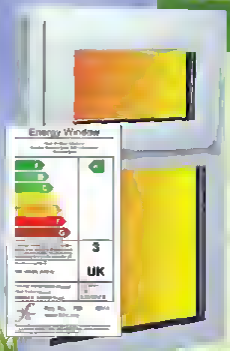

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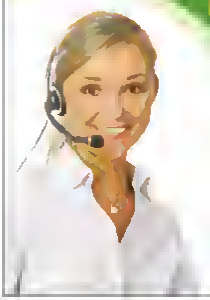

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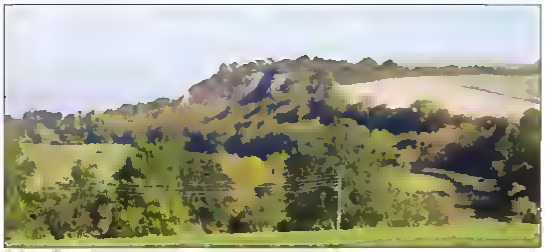
Event causes headaches



OVER 3000 people turned up in Arundel for an illegal rave on Easter Saturday

The rave took place in Houghton Forest, near Arundel, at around 9pm on Saturday and continued long into Easter Sunday

The rave was arranged without the permission of any local authorities or the landowner, the Forestry Commission.

Yesterday the Forestry Commission criticised the ravers, explaining that taxpayers would foot the bill for the post-event clean-up

Police said they believed it was arranged via social networking sites including Facebook, Twitter and through text messages

There are also a number of internet forums dedicated to "party vibes" where people mention events but do not provide exact details or locations for them.

A Sussex Police spokesman said: "The rave was first reported to us at 12.30am on Sunday and there are still reports coming in

"It is in Houghton Forest, near Arundel, and it is estimated that 3,000 people attended."

He added: "Police can do nothing.

"It is on private land and you can only stop it if you get there when they are setting up by seizing the sound system.

"Fifty police is not enough to cover it and we didn't have any prior warning that it was going on.

"The organisers can be prosecuted afterwards but it is difficult during the rave."

It is believed the rave organisers accessed the site by cutting the gates to the forest.

A Forestry Commission spokesman said: "We are working with the police to bring this event to an end as soon as possible and reduce the nuisance to local people."

Prebendal to Paris

DURING the school Easter holidays a group of parents and pupils from the Chichester's Prebendal School spent a week sightseeing in Paris. As well as all the usual places, like Notre Dame Cathedral, the Eiffel Tower and the Arc de Triomphe a day was spent at the vast Palace of Versailles. The leader of the group, Canon David Nason (school chaplain), said that although the main purpose of the visit was just to have an enjoyable time in the magnificent city of Paris there was also an opportunity for the young people to try out the French that they learn in school and also to gain an insight into the Parisian way of life.

The group in front of the Palace of Versailles

He said: "We found some typically French restaurants for dinner and some of the pupils were even adventurous enough to try out the snails. I think that the highlight of the trip for most of the children was the ascent of the Eiffel Tower and to see Paris laid out at their feet."

• POLICE are appealing for witnesses and information after a man had cash stolen from him and was sexually assaulted as he walked home in Bognor.

The victim, who is 60, was outside The Royal Norfolk Hotel at The Esplanade/Aldwick Road, opposite the skatepark, when he was approached by a woman at about 11.40pm on Saturday 31 March.

She spoke to the victim, who then noticed another man nearby.

She assaulted the victim and then removed his wallet from his coat pocket and threw it to the man, who took £25 in cash before throwing it back.

The woman is described as white, English, around 5'6" tall, about 20 years old, of medium build, with light brown hair that was tied up on her head. She was wearing a mauve top with flowers, pale blue jeans and dark, dirty trainers.

The man was white, English, about two inches taller than the woman, of skinny build, about 20 years old, with a shaved head, wearing a grey zip up hooded top.

PC Trevor Pritchard, who is investigating the offence, said: "We are anxious to trace the man who stopped to offer assistance. He is described as being about 23 years old, perhaps a little bit older, about 6' tall, with broad shoulders, and wearing a leather jacket. Anyone with information should call Sussex Police on 101, quoting reference number 1102 of 1 April. Alternatively call the independent charity Crimestoppers anonymously on 0800 555 111."

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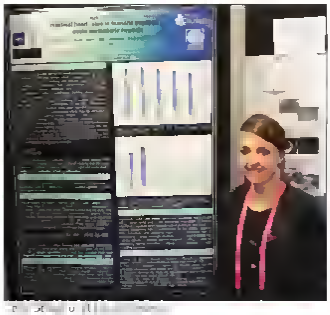


TWO postgraduate students from the University of Chichester have shared the results of their research with leading academics in their field at a conference in London.

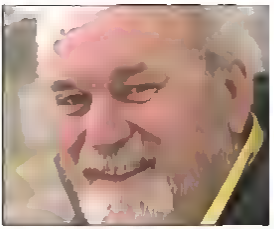
Carla Gallagher and James Gavin, who both study in the Department of Sport and Exercise Sciences, presented some of their research at 'The Biomedical Basis of Elite Performance', a joint meeting organised by the Physiological Society, the British Pharmacological Society and Wiley-Blackwell, and supported by the Gatorade Sports Science Institute.

As the UK is the host country for this year's Olympic and Paralympic Games, there are a number of major scientific conferences relating to sport, exercise and health. Carla and James presented their research findings at one of the most prestigious event to be held so far as it attracted world-leading academics to learn about the latest developments in our understanding on many aspects of acute and chronic effects of exercise.

Carla presented a poster on the comparison of predicted and measured maximal heart rates during exercise in an environment with low oxygen, while James had a poster on whether people will measure similar running speeds at different blood lactate values when there are repeated tests. The work presented may have implications for the prescription of exercise intensities of training for coaches and athletes.

The students were joined by Dr Stephen Myers, Senior Lecturer in Exercise Physiology and Research Methods, and Dr Mark Willems, Reader in Exercise Physiology, both supervisors of their projects. Dr Willems said: "There are not many opportunities where you can present your work among peers in such a focused and high-quality conference close to home. We applaud the students for the standard of their work."

Thousands spent after repeated resignations



VOTERS in one ward on Chichester District Council are going to the polls next week – yet again.

The ward of Plaistow is seeing its fourth by-election in three years and eighth election in the last nine years with a bill to the council tax payer of up to £20,000 or more.

Next Thursday's by-election, for one of the two seats on Chichester District Council, has been called after the resignation of Linda Westmore, some 15 months after the last by-election and less than a year since last May's full council elections.

Since the untimely death of Councillor Tony Walker in 2003, all subsequent elections in the ward have seen an elected Tory councillor failing to serve their full term in office.

The district council's electoral officer Stephanie Rudge said each by-election cost the taxpayer around £4,500-£5,000 pounds, with the bill for next week's poll only known after the vote: it includes the printing of more than three thousand poll cards and ballot papers, hundreds of postal vote packs, the delivery of equipment and eight staff on the day as well as expenses to cover their petrol mileage.

Liberal Democrat candidate Ray Cooper, a former policeman, who has served on Lurgashall Parish Council for 17 years in the ward where he lives, said the waste of money was due to a lack of commitment from the Conservatives.

"It is time for someone to represent the ward who actually lives in it and cares about it," he said.

"There have been 11 by-elections in the whole of the Chichester District since 2003. Plaistow is the only ward to have had more than one by-election in the last nine years. People here have now had to vote five times for a district councillor in that time, in addition to the standard district elections. So that is eight times in all.

"A succession of Tory councillors has failed to serve their term—which shows a lack of commitment, at a cost to the taxpayer when thrift is a priority."

Mr Cooper, 62, served a full four-year term as district councillor for the Lurgashall ward between 1999 and 2003, before it was incorporated into Plaistow ward.

Plaistow ward comprises the four villages of Plaistow with Ifold, Lurgashall, Loxwood and Northchapel.

Nearly 4,000 electors are eligible to vote next Thursday (April 19) with polling stations in all four villages open from 7am until 10pm.

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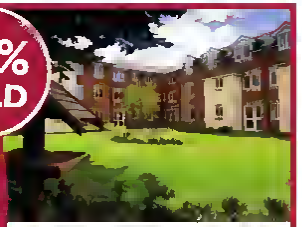

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OUT of work? Aged 18 to 30? Want to set up your own business?

Starting in May, Chichester District Council is helping up to 12 young people in the district find out if they could start up their own businesses

The council has awarded a grant of £9,161 to the Prince's Trust to provide an Enterprise programme

The free programme will work with the young people who have a business idea to make sure that they understand the local market and whether it is a plan that is likely to succeed in Chichester. The first session will be held on Wednesday 23 May at the council's offices at East Pallant House

The Enterprise programme is for young people who are unemployed and may also be disadvantaged.

It includes an information session and four-day 'Explore Enterprise' training course. After this course each young person can attend some surgeries to explore their ideas further and to decide if self-employment is for them. If it is they are matched with a business mentor who may work with them for up to two years

The Trust also provides some low interest loans of up to £5,000 and grants of up to £1,500 to support the start of a new business

Those who decide self-employment is not for them are offered mentoring for up to six months for support with progression into education, employment or training

The Prince's Trust is a registered charity that works with disadvantaged young people, aged 13 to 30. It helps them to develop the skills and motivation to re-engage with society, secure employment, return to education, gain qualifications and ultimately, become economically active.

Councillor Myles Cullen, Chichester District Council's Cabinet Member for Economy, Property and Tourism, says: "One of our key priorities is supporting the local economy and helping businesses to develop employment opportunities. One way we can do this is supporting the growth of new viable businesses. In the Chichester District we are lucky that have below average levels of unemployment overall, however the trend of increasing youth unemployment in deprived areas is an issue."

Places on the programme are limited. To book a place or for more information please contact the Prince's Trust on 0800 842842.

The Filming Phase

Mia Edwards

THERE are times in our lives when we really, really want to remember something exactly how it is, just because it's that good. It happens to me at places like concerts, when there's this amazing energy and buzz, or when I'm in hysterics on the floor (happy hysterics I mean, not the kind when you're sobbing like you're out of oxygen) with a friend, or when you're at a wedding or party, etc.

Anyway, the point I'm making is that some times are just perfect, but to be honest, you can't really relive them in the same way ever again. I hate so much when people try to.

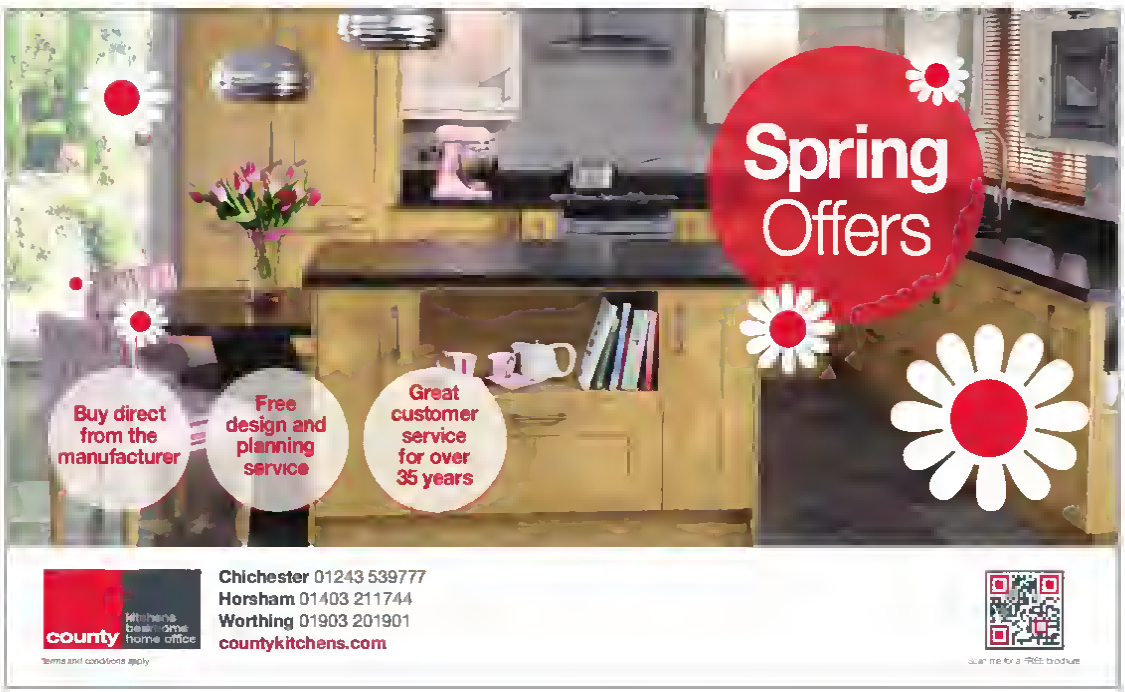
You might already have guessed what I'm getting at, what's the point in having loads of fun, let's say, at a concert, and then whacking out the camera to film it? It may seem like filming something is a way to preserve the excitement of the night, but really you're just wasting the valuable time when you could be enjoying yourself. And let's face it, it's massively unlikely that you'll ever watch that video again.

Also, you'd be kidding yourself if you thought that you could really capture the mood on camera; the scene's there and you can hear the vague buzz of noise, but you only really start to feel all hyped up when you're actually there. It's all part of the atmosphere.

I was at the O2 a while ago watching Olly Murs, and on one side of me there was a woman who stood up the whole time, dancing and singing along even though we were in the seated section, and a few seats away from her was a pair who just sat there the whole time filming the entire show, getting annoyed with the audience for cheering too much or standing and clapping because it ruined the video. I admired that brave woman who stood up and danced despite the sniggers from all around her (in their defence it was quite funny) because why shouldn't she make the most of her time there and go with the flow?

The other couple were just morons. You're only going to experience it once, so relish the fun while you can. We came out of the arena going 'OH MY GOD THAT WAS FRICKING AMAZING I WANT TO GO BACK', and I'm guessing that the couple didn't. They probably just moaned about the picture quality.

The best times in our lives are unforgettable, we'll never have anything like them happen to us again. We should just let them happen instead of trying to store them on a chip, and appreciate every second of them while the spark's still there.



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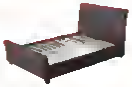

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John Lewis at Home off to a flyer

SHOPPERS from Chichester and across Sussex celebrated this Easter weekend as John Lewis at home Chichester opened its doors for the first time. Thousands of customers descended on the new shop, situated on the Portfield Retail Park, within hours of the opening, keen to experience the John Lewis offer.

Claire Dunkason, branch manager, John Lewis at home Chichester, said: "The past few days have been just fantastic! We couldn't have asked for a better reception from our customers and we hope to see this continue as we establish ourselves further in the local community.

"The strong trading figures over the bank holiday weekend have shown that John Lewis at home Chichester has got off to a great start and we look forward to seeing how this progresses over the coming weeks."

The very first purchase from John Lewis at home Chichester was made by Muriel Houseman who bought an official London 2012 mug.

Muriel said: "Everyone has been looking forward to John Lewis opening in Chichester since it was announced last year. My husband and I are particularly grateful as we were given a bottle of champagne for making the first purchase which we'll use to celebrate our 50th wedding anniversary later this year. John Lewis has also provided our son with a job in the new shop and we're looking forward to coming back again and again!"

New Early Years Professionals encouraged to continue University heritage by Vice-Chancellor

A GROUP of students who have completed their studies at the University of Chichester have been challenged to continue the institution's heritage of making a lasting difference to society.

Those who were formally awarded their Early Years Professional Status at a ceremony in the Chapel on 28 March were told by Professor Clive Behagg, the University's Vice-Chancellor, that because they will be working with young people, they are 'the collective custodians of the next generation, something which is a great responsibility'.

Professor Behagg said: "It is a great pleasure for me to be presenting these awards because this university has always considered itself to be a change agent, producing people who have gone out and made a difference.

"Because of the Government changes and new guidelines and standards in your profession, the road ahead is also going to be challenging for you, but it will also be rewarding."

In total, 24 people who earned Early Years Professional Status over the past two years were honoured at the celebration event on 28 March in the Chapel at the University's Bishop Otter Campus, identifying them as people with the ability to lead and support others in order to improve the outcomes for all children in their care.

Among those celebrating their achievements were mother and daughter Suzanne and Liz Parsons who qualified together. They had travelled from their home in Farnborough, Hampshire, for the celebration.

For Liz, it was a natural progression onto the programme as she is an alumnus of the University, having taken her degree in Childhood Studies and graduating in 2008. She now works at a Sure Start children's centre. She said: "It was a conscious decision to take the course together, giving a boost to each other. Being study partners with my Mum actually helped, and I'm glad we did it together."

Suzanne, who runs a pre-school in Farnborough, added: "EYP status was something we both wanted to achieve, so it made sense to do it together. We chose Chichester because Liz knew it well and it is such a friendly university. It is a person place and as a student, you're not just a number."

The University will continue to work with Early Years Professionals and promote the positive benefits of being an accredited practitioner by working with Jo Hernandez-Stenson from Chichester Montessori to set up a formal EYP Network.

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	03	Guildford & Watts Gallery & Chapel	£31.00
	08	Stratford upon Avon	£28.00
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	15	Isle of Wight Tour	£34.00
	16	Guildford & Ramster Gardens	£23.00
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	20	Alresford Watercress Festival	£18.00
	21	Goodwood House & Afternoon Tea	£30.00
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	24/25/26	Chelsea Flower Show	£76.00
	26	Windsor OR Windsor Castle	From £21.00
	29	Brugges	£40.00
	31	Canterbury	£19.00
JUN	01	Osborne House	From £40.00
	02	Royal Bath & West Show	£45.00
	03	Diamond Jubilee Coach Only	£21.00
	05	Monkey World OR Dorchester from	From £20.00
	06	Highclare Castle	£35.00
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MAY	24	Chelsea Flower Show	3 Days £226
	26	Best of Northern Ireland	7 Days From £586
	31	Romantic Journeys of Northumbria	5 Days From £360
JUN	03	Queen's Diamond Jubilee	2 Days From £95
	10	Isle of Wight	5 Days From £345
	18	Warner Hayling Island Adult Break	5 Days From £355
	21	Sidmouth	5 Days From £417
	24	Connemara	7 Days From £597
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	14	Billy Elliott	£56.00
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Amazing turnout as crowds flock to Aldingbourne

THOUSANDS of people packed Aldingbourne Country Centre on Easter Saturday to see the launch of the Trust's £4 million fundraising appeal

Actress Patricia Routledge CBE was welcomed at midday to officially launch the Family Fun Day where over 3500 visitors turned out to show their support.

A staggering £17k was raised throughout the day, which added to funds already raised brings the total fundraising so far to £223k.

The Trust plans to spend the £4 million improving the current facilities and building larger facilities at the Country Centre, to include a new conference centre and cafe seating up to 150 people.

A sea of visitors enjoyed some good old fashioned fun at the Mini Olympics, where 3 legged races, welly throwing and obstacle races were the highlights – all winners were presented with medals and all participants received a lolly for taking part Queues of people waited patiently to visit Animal Magic, where they saw, meerkats, snakes, tarantulas, parrots, mice and more. Others enjoyed visiting Owls 4 U where they learnt how to raise a baby chick and get the opportunity to hold a real life owl Many took the opportunity to do some retail therapy in the craft market where many local craftspeople had stalls and children and adults learnt how to make a broomstick or parrot peg by Steve Pickett from Ashwood Projects

Pooh , Piglet, Kanga and Tigger from Pooh House and Gardens entertained children and adults alike, by reading stories in the woodland walk and getting up to mischief around the centre. A really magical experience which was a great hit

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Nicky Wey [illegible] presented [illegible] Lee Andrade

with the kids.

Milly, Vicky and Nicky from Spirit FM, broadcasted their show live from the Centre and were honoured to have the Country Centre's Open Farm's three Alpacas named after them. They were all presented with a framed certificate and a personalised mug, with their name and photo of their Alpaca printed on it, all printed on site from the Trust's Digital Media department.

Patricia Routledge spoke to the gathering crowds, endorsing her support for the Aldingbourne Trust and the work they do in supporting adults with learning disabilities to live independent and have fruitful lives. Patricia, along with Pooh, Tigger and lots of excited children took great pleasure in marking the event with a balloon launch. Patricia spent the afternoon engaging with members of the public, signing autographs and gave a personal radio interview with Spirit FM, endorsing her support for the Trust.

Enterprise and Development Manager, Michelle McKinley Bell, said: "What a day! Everyone has worked so hard in the lead up, and on the day itself, and it is so good to see the centre thriving with visitors. Children's faces when they met Pooh and Piglet were amazing, faces of fear from parents when the snake appeared around Sue Lovett our managing director's neck was a picture and Milly, Vicky and Nicky from Spirit FM were inspirational and so excited to have our Alpacas named after them. Raising £17k is far more than we expected which has certainly given us a good head start towards the £4 million Appeal. Thank you to everyone who came and supported us on the day."

City could welcome jobs boost

A NEW shopping centre could create hundreds of new jobs to Chichester, if plans to proceed are given the green light.

The developers have confirmed around 200 new jobs would be created at the first £20m stage of the retail development proposed for Barnfield Drive.

The second phase will bring the total cost to £45m, creating 400 full and part-time jobs.

A final decision on a planning application is in the hands of the Chichester District Council, which owns the land.

The first phase application includes three new non-food retail units, parkland area, cafe, and extension to the Homebase car park.

The following phase would include three more retail units, with three restaurants, landscaping, a public square and public open space.

West Sussex specialist day services open their doors to the public

SPECIALIST day services across West Sussex will be opening their doors this month to the wider community.

Carers and people from the local community will be able to look around West Sussex County Council's eight day centres on the dates below to see what is on offer in the authority's specialist day services.

The aim is to help to support people to live as independently as they can and still be part of the community they live in.

The centres offering these specialist services are the Glen Vue Day Service in East Grinstead, the Glebelands Day Service in Shoreham, the Henfield Day Service in Henfield, the Judith Adams Day Service in Chichester, the Maudenbower Day Service in Crawley; the Chestnuts Day Service in Bognor Regis, the Laurels Day Service in Rustington and the Rowans Day Service near Worthing.

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Over £230,000 raised for local community groups

OVER £230,000 has been raised for local community groups in the last year thanks to the Fundraising Hub and a team of volunteers.

The Fundraising Hub was set up by Voluntary Action Arun & Chichester (VAAC), with support from the University of Chichester and funding from Chichester in Partnership. Another 13 fundraising opportunities are waiting to be confirmed and added to the amount already raised.

The hub provides affordable fundraising support to local groups and organisations. It has one full time paid fundraiser, who has recently created and supported a team of eleven volunteers who have been trained in fundraising.

"This is an exciting and innovative project that is really making a difference to our local community groups and organisations in the current financial climate," says Cllr Heather Caird, Chair of Chichester in Partnership and Leader of Chichester District Council.

"The volunteers have recently completed a bespoke course run by the University of Chichester where they have been learning the skills to be community fundraisers. They all come from a variety of backgrounds and have worked extremely hard to make a difference in the local communities. I was really pleased to present them with their certificates with their fundraising accreditations at our recent Chichester in Partnership meeting."

The Fundraising Hub is a not-for-profit initiative that has been designed to allow both larger and smaller local voluntary and community organisations access to help find fundraising. Some of the paid fundraiser's time are available for larger local voluntary and community organisation to purchase. Smaller, volunteer- led organisations have access to the bank of volunteer fundraisers and will only be expected to pay their expenses.

The benefits of the Fundraising Hub include:

- being cheaper than paying for a fundraising consultant and there are cost efficiencies to be made by investing in this initiative rather than purchasing a part time worker in house,
- they work alongside the volunteer centre to support fundraising campaigns where needed,
- the team of volunteer fundraisers are encouraged to develop different areas of knowledge, allowing the project to have a much wider knowledge base than one individual working on their own,
- VAAC already has a track record of providing funding advice and fundraising support for voluntary and community action, and,
- VAAC is a member of the Institute of Fundraising and is signed up to its code of practice and has access to its resources.

Local groups that are being supported include: Chichester Area MIND, Snakshak, Manhood Wildlife & Heritage trust, St Anne's Centre, Sage Counselling Service, Unity Arts, Lymphodema Support group, Headway, Transition Chichester, Selsey Tumebank, Selsey and District Carers, Chichester Information Centre for Young People, Outset Youth Action, and 4Sight.

If your organisation would like more information about the hub, or if you would like to volunteer to be part of the hub, please contact Kate Scales on 01243 840305.

For more information on Chichester in Partnership, please go to www.chichesterinpartnership.org.uk or call 01243 534720.

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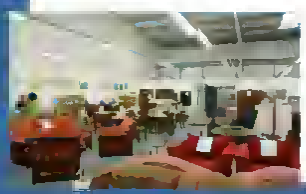
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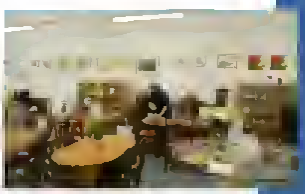
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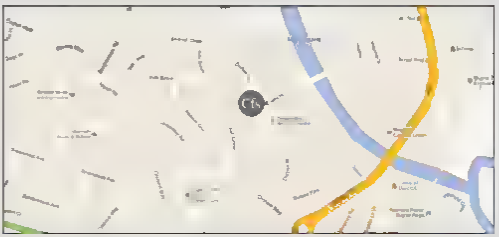

Pilot scheme aims to help Chichester residents choose smarter travel options

CHICHESTER residents are being asked to take part in a travel project – thought to be the first of its kind in West Sussex.

The Smarter Travel Choices project aims to help people choose cheaper, greener and healthier travel options.

The north Donnington area of Stockbridge has been chosen as the pilot project area. Around 600 homes have been asked to complete a survey for Chichester District Council asking them how they travel into the city centre for work, school, shopping and leisure. The results will show how many sustainable journeys are currently made and gather ideas on how to help people choose greener and healthier ways to travel.

Councillor John Connor, the council's Cabinet Member for Environment, says: "The Smarter Travel Choices scheme is about encouraging people to use more sustainable modes of transport whenever possible within their daily lifestyle.

"This is a pilot project to encourage people to think about sustainable travel. If it proves a success, we'd like to extend it to other areas of the district to help people to consider all of the options open to them."

The Stockbridge area was selected as the pilot area because of its closeness to the city centre and because it is part of the Air Quality Management Area. In a survey in 2008 residents from the area also said two of their biggest concerns were traffic congestion and pollution.

Events and activities will be held in the summer to encourage residents to take more sustainable journeys such as using public transport, walking more and using their bikes. The council will also liaise with local schools and businesses to deliver initiatives to encourage sustainable travel options such as walk to school week.

Following the survey results, the council will also consider suggestions made by the community. For example, this could be improvements to information, path signage, extra bike racks or larger infrastructure ideas.

Cllr Connor adds: "We'll be able to work on some of the ideas, and we'll also look at working with partners such as West Sussex County Council to move some suggestions forward. We are committed to easing the impact of traffic within the city area because this will help to improve both air quality and the environment. If people can make small changes to the way they live and travel, then we can make a big difference to our local environment, save money and improve our health too."

Going wild with Ed

WELCOME to Chichester Harbour Area of Outstanding Natural Beauty. The harbour is a great place to get close to nature. Each month Ed Rowsell, Conservation Officer for Chichester Harbour Conservancy, gives a brief update on what you should be looking for as you explore the harbour by land or boat.

Ed Rowsell

Birds

The harbour now seems eerily quiet as the bulk of the winter visitors have departed for their breeding grounds. The background cronking of Brent Geese and whistling of Wigeon, has yet to be replaced by the shrill call of Terns feeding in the harbour.

Away from the water it is a different story, listen for male birds are singing to attract mates and defend territories. Yellowhammers (now sadly a much rarer sight) will be singing from hedgerows with their 'little bit of bread and no cheese' call.

Mammals

Foxes will have given birth to their cubs and as the cubs grow so does their appetite. Vixens will have to hunt in the day to get enough food for their families.

Invertebrates

Despite the warm weather I haven't seen many butterflies, (other observers are having more luck!!). However, I have recorded Small Tortoiseshell, Peacock and Brimstone, all of which over-winter as adults. There have also been reports of Orange Tip, a species that over-winters as a pupa and emerges in the Spring.

Reptiles and amphibians

The warm conditions have been ideal for reptiles emerging from hibernation, with records of Slow-worms and Viviparous (common) Lizards on a number of sites, I will be keeping an eye out for Grass Snakes which should also be active.

Plants

You may also have noticed a small white flower growing in dense mats at the very edge of larger roads, this is Danish Scurvy Grass. This salt loving plant has escaped its normal coastal range and is now exploiting the conditions created by gritting our road with rock salt in the winter.

Sightings

Please report any interesting sightings to the Harbour Office, particularly of Brown Hares and Water Voles.

WOODS
THE COMPLETE TRAVEL SERVICE
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Russell Watson

SUNDAY 10 JUNE 2012
Portsmouth Guildhall
Adult, Senior Citizen & Child £75
Includes coach travel & entrance

Perhaps the UK's greatest ever tenor, Russell returns with a stronger, more driven and powerful voice, his renditions of Pino Donaggio's Io Che Non Vivo (Senza Te), Mario Lanza's Arrivederci Roma and Parla Piu Piano (the theme from The Godfather) are nothing less than astounding.

Coach pick ups in Rustington, Littlehampton, Felpham, Bognor, Chichester.

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WOODS
THE COMPLETE TRAVEL SERVICE
READER OFFER

RAF MUSIC SALUTE TO THE QUEEN'S JUBILEE
SATURDAY 23 JUNE 2012
LOSELEY PARK
Adult, Senior Citizen & Child £49
Includes coach travel & entrance

One of the finest military bands in the world, the Central Band of the Royal Air Force. They will take centre stage for a unique celebration of the Royal families' involvement with the RAF since Her Majesty took to the throne in 1952. This event draws on the wealth of imagery of the Defence Film Library and other departments within the RAF which is specially edited for each piece of music. The spectacle in the sky of the Battle of Britain Memorial Flight, RAF Chinook and other aircraft add a further dimension and a narrative helps reinforce the story.

Please bring your own picnic, but for safety reasons no fires or barbecues are allowed. Hot and cold food and a bar will be available. Seating and cover is not provided so do bring chairs, tables, picnic blankets and umbrellas. Aircraft are subject to weather conditions and serviceability. A Chair has been included in the price which has to be picked up on arrival.

Coach pick ups in Rustington, Littlehampton, Felpham, Bognor & Chichester

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INVESTORS IN PEOPLE

Local Leaders get set to celebrate in the community

THE LONDON Organising Committee of the Olympic and Paralympic Games have launched an initiative to help individuals within communities play an active role in bringing their friends, family and community members together to celebrate the Olympic and Paralympic Games coming to the UK this summer.

The London 2012 'Local Leaders' will suggest to people ideas and tools to bring their friends, family and communities together to help make the most of the London 2012 Games by creating celebrations for their village, town or City around the Olympic and Paralympic Torch Relays, the 12 week UK-wide London 2012 Festival, or the Olympic and Paralympic sports action.

People can sign up to be a Local Leader at www.london2012.com/localleaders and can play an active part now in preparing their community for international attention when the Torch arrives in the UK.

'Garden for the Games' provides Local Leaders with hints and tips from gardening experts including Blue Peter Gardener Chris Collins and Olympic Park Gardener Des Smith on how to plant seeds now that will turn window boxes down your street in red, white and blue, or grow gold by planting marigolds to flourish route of the Olympic Torch route.

Once the Olympic Torch flame arrives in the UK on 18 May, Local Leaders are provided with ideas and tools to help bring the community together to welcome the flame and celebrate their local heroes by lining the streets and showing what makes their community special for the 70 day UK wide relay.

On 27 July the Opening Ceremony of the London 2012 Olympic Games will be watched by over a billion people around the world, and Local Leaders will be given invite cards, recipe tips, party sheets and more to help them turn their screening of the event into an Olympic themed venue, whether it is in a village hall, pub or living room.

By signing up at www.london2012.com/localleaders Local Leaders will get access to London 2012 branding, posters and toolkits.

Whether the Local Leader invites three friends or their whole community, London 2012 will provide them with the tools to make their celebration one to remember create opportunities for people across the UK to join in. They will also be able to put their celebration events on the London 2012 Join In listings website, giving local community celebrations exposure on what will be one of the most visited websites in the world this year.

"This is a great chance for local people to get involved with the London 2012 Games. Whether it's organising a barbeque for family and friends, or welcoming the Olympic Flame when it visits the district on Monday 10 July, everyone will have the opportunity to celebrate this once in a life time opportunity," says Cllr Eileen Lintill, Cabinet Member for Leasure and Wellbeing at Chichester District Council.

Now Games organisers are putting the call out to the whole nation to encourage individuals who are keen to play an active role in their friendship group, street or community in celebrating the Games this summer to sign up at www.london2012.com/localleaders. Chichester District Council also has web pages dedicated to the London 2012 Games at www.chichester.gov.uk/london2012.

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Entertainment

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Titanic 3D (12A)

★★★★★
FIVE out of Five stars

Running time: 194 mins
Director: James Cameron
Starring: Kate Winslet, Leonardo DiCaprio, Billy Zane, Kathy Bates, Frances Fisher, Gloria Stuart, Bill Paxton

Fifteen years on, James Cameron's epic romance-slash-disaster blockbuster has lost none of its extraordinary power – this is a thoroughly gripping, emotionally powerful, genuinely thrilling and, yes, achingly romantic drama with jaw-dropping special effects and star-making performances from DiCaprio and Winslet

What's it all about?
Directed by James Cameron and getting a 3D version rerelease just in time for the 100th anniversary of the ship's sinking, Titanic (1997) stars Leonardo DiCaprio as steerage lad Jack Dawson, who wins a ticket for the Titanic in a card game minutes before the 'unsinkable' passenger liner begins its maiden voyage in April 1912. Once on board, Jack meets frustrated, art-loving socialite Rose DeWitt Bukater (Kate Winslet) and the pair fall madly in love, despite the fact that Rose is engaged to pompous steel heir Cal Hockley (Billy Zane). However, when the Titanic hits an iceberg, Jack and Rose are forced into a desperate race for survival as the ship begins to sink.

The Good
It makes a nice change to see DiCaprio happy and smiling again after his recent string of decidedly downbeat roles and he's terrific here, sparking powerful chemistry with Winslet (who's never looked more beautiful) and delivering a likeable, energetic performance that effortlessly carries the film through its pre-iceberg scenes. Winslet is equally good, particularly in the latter half where she turns feisty action heroine (the scene where she wades through a flooding corridor with an axe to rescue Jack is one of several great sequences) and there's strong support from Zane (practically twirling his moustache as Cal), David Warner (as Cal's sinister right-hand man) and Kathy Bates as the 'unsinkable' Molly Brown.
The 3D effects on the reissue are extremely impressive, giving a palpable sense of the sheer scale of the ship, most notably in any scene that involves looking over the side. Similarly, the horrific sequence when the ship splits in half and people start plunging from one end to the other is given additional depth in 3D and makes a powerful emotional impact.

The Great
The various criticisms of Titanic are all still valid (the dialogue is frequently cheesy, the below decks Irish stereotyping is a little over the top, the lengthy book-ending sequences - with Bill Paxton and Gloria Stuart - could easily have been shortened and the less said about the sex scene the better), but in terms of sheer jaw-dropping spectacle, there's simply nothing to beat it. In particular, from the moment the iceberg hits the film is a perfectly structured, powerfully emotional and genuinely thrilling, edge-of-your-seat masterpiece.

Worth seeing?
Hugely enjoyable, powerfully moving and thoroughly gripping, Titanic 3D is an unmissable experience on the big screen thanks to stunning special effects, superb direction and terrific performances from its two young leads. Highly recommended.

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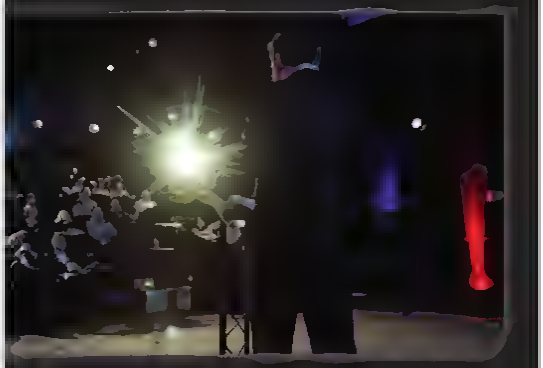
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TITANIC 3D COMPETITION

WIN 2 TICKETS!

For a chance to win 2 tickets, answer the following question:

Q. WHICH TITANIC ACTOR WON AN ACADEMY AWARD IN 2009?

A) KATE WINSLET

B) LEONARDO DI CAPRIO

C) BILLY ZANE

Send your answer and name, address and a contact phone number to **info@chichesterherald.co.uk.** One lucky winner will be selected at random from the correct entries received by 7th April at midday. The winner will be notified later on that day.

• Last weeks winner is Susan Goble from West Chiltington

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New Park Cinema's round-up of films this week

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RICH MIX of French erotica, oil power, illusion and a good old-fashioned damaged cop are cream of the week's crop

Films on the quest for oil, erotica in Paris in the 19th and 20th centuries, a dirty LAPD crime cop administering justice, post war shattered illusions, a young woman's pursuit for a past lover and how an orphan solves a mystery are these week's varied cinematic flavours

Black Gold tells the tale of of the oil race in the desert in the 1920's, an age-old conflict developing between tradition and progress, power and control. Tahar Rahim, a prince torn between his biological father (Mark Strong) and Amar (Antonio Banderas) who raised him, has to choose the direction for his country on the gold that lies beneath the sands. This epic French film, filmed in Tunisia, charts the impact of the beginnings of the oil boom and a changing Arab world.

Bel Ami, based on a Guy de Maupassant short story, is charged with eroticism mingling with ambition, power and seduction, the 'beautiful friend' in question Georges Duroy (Robert Pattinson) who uses his wits and sexual powers to rise in his career and in status in 19th century Paris. His passionate trysts include those with wealthy political and celebrity men's wives, Kristin Scott Thomas starring as Virginie, Uma Thurman as Madeleine, Christina Ricci playing Clothilde. Will he win them all but is there a price to pay? In English.

France's House of Tolerance, set in a Paris brothel, recounts the stories of those who pass through, a celebration of the collective and the individual.

Woody Harrelson delivers a spellbounding performance as a cop in Rampart. The Cheers star excels as Brown, an unrepentent cop attached to LA's Rampart Precinct in 1999 intent on administering vicious instant justice. A Vietnam veteran dedicated to doing 'the people's dirty work', Brown often blurs the lines between right and wrong to maintain his action-hero state of mind. His superiors, keen to clean up the department, begin disciplinary action. But who will win in this crime thriller?

For more information, visit the Cinema, New Park Road, Chichester, PO19 7XY **01243 786 650**

Southern classics here Sunday

AT LAST, spring has arrived and the classic car fraternity can look forward to displaying their pride and joy's with, one hope's, good weather'

To this end the Southern Classics Society (SCS) will be holding their Spring Classic Car Show on Sunday 15th April from 10am – 4pm at Chichester College. There will be a large array of classic cars and the opportunity to find that elusive part from auto-jumblers also attending the event.

Since the club was formed in 1991 the SCS has become one of the leading classic car clubs in the South-East by encompassing all makes of vehicles and providing an interesting alternative to the usual one-make club. The club has a wealth of experience with numerous makes of vehicles and there is a generous supply of help from our car experts and skilled professionals.

SCS hold a number of shows throughout the year, trips to Europe, informal social events and a monthly get together in Shoreham.

The Chichester catchment area is a long standing favourite with the club and SCS will also be showing at Brinsbury College on the 15th July and returning to Chichester College on the 23rd September.

The club welcomes all classic vehicle enthusiasts, so if you fancy a nostalgic trip down memory lane or wish to know more about the club then please come and visit the show.

Entry fee for non-SCS members is £5 for classic cars, £10 auto-jumblers and £2 for those attending on foot.

For further information, please see www.southernclassics.org.uk.

Steam on Sunday

CHICHESTER and District Society of Model Engineers will be holding their first "Steam on Sunday" Open Afternoon on Sunday, April 15, between 1400 and 1700 at their site in Blackberry Lane, off Bognor Road, Chichester.

Train Rides will be offered to visitors behind several different miniature steam and diesel powered locomotives, and light refreshments will be available. Admission to the site is free, tickets for rides on our trains will be £1 each, for adults or children.

Further details can be found at www.cdsme.co.uk or from Mr B Earnshaw Mansell on 07954 051594.

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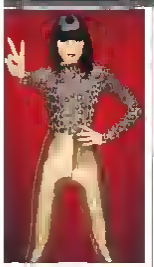

THE VOICE UK

BBC1, 7pm

When the rem is last show axed for the first time a few as ela ago there weren't many of us who didn't let out a huge groan and roll our eyes in twelve-seen 6-all-before disbelief. But eat our as nis we have done. Not only have the band auditions proved innovative and awe-inspiring, but as it went ga on for so to say it's a good job Connell's machine The X Factor isn't up against it in the schedules. The week in the final instalment of and auditions in which the cowboys turn their backs to rembeerable who remain hopeful that at least one of their kids will turn around and slam them for their group. As it nand week, the remaining mix of hits up in the battle Rounds

BBC1

6.00 Live Formula 1 Chinese Grand Prix Qualifying. 8.30 Breakfast. 10.00 Saturday Kitchen Live. 11.30 The Little Paris Kitchen: Cooking with Rachel Khoo (R). 12.00 BBC News, Regional News, Weather. 12.15 Football Focus. 1.00 The Grand National. 5.10 BBC News, Regional News, Weather. 5.20 Film: WALL-E (2008) Pixar animated adventure

7.00 **The Voice UK.** The final round of blind auditions – the last chance for the remaining hopefuls to win a place on Tom Jones, Jessie J, Will.i.am or Danny O'Donoghue's team.

8.00 **The National Lottery: In It to Win It** Dale Winton hosts the quiz show in which five contestants answer questions to scoop a big prize. Includes the Lotto and Thunderball draws.

9.10 **Get Lucky.** Teenager Alicia Dane returns to the ED after collapsing at school but Linda suspects his problems are psychological and that she has developed an unhealthy fascination with Tom. Fellowed by a rock-hudson episode revealing a dark secret from Sam and Jack.

10.00 **BBC News: Weather**

10.05 **Match of the Day.** Including highlights of Norwich City v Manchester City, National Lottery Update

10.45 **The Football League Show.** Highlights of today's games in the Championship, League One and League Two

12.00 Weather/news. 12.00 BBC News

BBC2

6.00 Cbeebies. 7.00 CBBC. 12.00 Escape to the Country (R). 1.00 Formula 1 Chinese Grand Prix Qualifying. 2.55 Film: PT 109 (1963) Fact-based drama, starring Cliff Robertson. 4.30 Final Score. 5.15 Live Challenge Cup Rugby League. Widnes Vikings v St Helens (Kick-off 5.30pm)

7.30 **Flog It!** Paul Martin visits Wrexham with experts Philip Serrell and Kate Bliss where they value antiques for the locals before heading to auction.

8.00 **Dad's Army.** Mainwaring gets it into his head to adopt a mascot for the platoon and decides on a ram. Unfortunately, collecting one proves easier said than done

8.30 **Titanic: A Commemoration in Music and Film.** John Humphrys marks the centenary of the sinking of RMS Titanic live from Belfast's Waterfront Hall. With contributions by Imelda Staunton, Simon Callow and Jamie Oliver.

10.30 **Qi.** With Jack Dee, David Mitchell, Bill Bailey and Alan Davies.

10.45 **The Sarah Millican Television Programme.** Comedy chat focusing on crime and medical gameshows. Last in the series (R)

11.15 **TOTP2: Pop Stars.** Performances by Cliff Richard, Madonna, Jason Donovan, Kylie Minogue, Status Quo, Bananarama (R)

12.15 Grand National Highlights. 12.55 Film: Homicide (1991) Crime thriller. Starring Joe Mantegna. 3.25 Close.

ITV1

6.00 Daybreak. 9.25 Lorraine. 10.25 Saturday Cookbook. 9.25 ITV News. 10.30 This Morning. Kyle Sandilands hosts the Australian chat show. 12.30 The Real Housewives of New York City. 12.55 Murder She Wrote (R) 1.15 ITV News, Weather. 1.35 Film: Curly Sue (1991) Family comedy adventure, starring Jodie Foster. 3.05 Regional News, Weather. 3.15 ITV News Weather. 3.20 ITV Lotto Results Highlights.

8.00 **Keith Lemon's Celebrity Island.**

7.00 **All Star Family Fortunes.** Comic Chris Fountain, Tommy Duckworth and Daybreak presenter Kate Garraway team up with their relatives in a bid to win a large cash prize to charity. Vernon Kay hosts.

8.00 **Britain's Got Talent.** Ant and Dec host the talent search as Simon Cowell, Amanda Holden, Alesha Dixon and Alesha Dixon tour all the News while sending a few genuine talents through to the next round.

9.00 **The Cube.** New series. A panel headed by Rhona Cameron-Dalgleish has up the challenge

10.15 **FILM: Fire & Furious.** (2002) Action Thriller sequel starring Vin Diesel and Paul Walker

10.40 **ITV News: Weather.**

10.40 **FILM: Fire & Furious.** (2009) Premiere. Concluded.

12.30 The Zane. ITV News Headlines. 3.05 British Superbike Championship Highlights. 3.00 ITV Rightstream. 5.30 ITV Morning News.

Channel 4

6.00 The Jamie Oliver F. 6.10 The Hooks (R) 6.35 The Hooks (R) 7.05 Hour to London 2012: Dual Paralympic Show (R) 7.35 Channel 4 Presents – The Last Leg Live (R) 12.30 ITV Sunday Show 2.00 Film: Love Happens. (2009) Premiere. Romantic drama, starring Aaron Eckhart and Jennifer Aniston. 4.00 Film: Saving the Titanic (2012) Premiere. Fact-based drama, starring David Wenham.

6.15 The Hooks (R) 6.40 The Hooks (R) 7.05 Hour to London 2012: Dual Paralympic Show (R) 7.35 Channel 4 Presents – The Last Leg Live (R) 12.30 ITV Sunday Show 2.00 Film: Love Happens. (2009) Premiere. Romantic drama, starring Aaron Eckhart and Jennifer Aniston. 4.00 Film: Saving the Titanic (2012) Premiere. Fact-based drama, starring David Wenham.

6.00 **The Big Deal – Bankrupt in Essex.** Stephen Mulhern takes a crash course in which stars of the comedy Benidorm and reality takes The Only Way Is Essex answer questions about their programmes.

6.00 **Titanic.** The ship hits the iceberg and panic takes hold with the passengers and crew rushing to save their relatives. Last in a series of two looks at what little time they may have left. Last in the series.

10.30 **Wards of the Titanic.** Well-known actors including Richard E Grant and Finger Allam give readings from the diaries, accounts and letters of the Titanic's passengers and crew. Charles Dance narrates.

11.00 **ITV News: Weather**

11.05 **Premiership Rugby Union.**

12.00 The Zane. ITV News Headlines. 2.15 British Superbike Championship Highlights. 3.00 ITV Rightstream. 5.30 ITV Morning News.

Channel 5

6.00 Milkshake! Peppa Pig 6.15 Diary the Pecking Car 6.35 Fifi and the Flowertots (R) 6.35 City of Friends (R) 6.40 Harry and His Bucket Full of Dinosaurs (R) 6.50 Castle Farm (R) 6.55 Igam Ogam (R) 7.00 Peabody and Custard Time (R) 7.15 Thomas & Friends: Pyjamas (R) 7.30 Family (R) 7.35 Make Way for Ducklings (R) 7.45 Ha and Fred: Great Adventures (R) 7.50 Chuggington (R) 8.00 Little Princess (R) 8.20 The Adventures of Bertie Top Bat and His Best Friend Conky (R) 8.30 Angelina Ballerina (R) 8.40 Roger Bear (R) 8.50 Mickshaka Monkey (R) 9.00 Ben and Holly's Little Kingdom (R) 9.15 The Mr Men Show (R) 9.30 Percy the Racing Car (R) 9.40 Mad Shopping Tales (R) 10.00 Making the Magic: Disneyland Paris – 20th Anniversary. 10.00 Animal Rescue Squad (R) 10.30 Diary's Anatomy (R) 11.00 Extra Ordinary Trucks and Trailers (R) 12.00 Inside the Titanic (R) 2.00 Film: Pirate's Hideaway. Movie (2016) Premiere. Animated adventure with the voices of Jim Cummings. 4.00 Film: Toy Story 2. (1999) Animated sequel with the voices of Tom Hanks. 5.55 5 Mess Weekend

6.00 **Milkshake!** Peppa Pig 6.15 Diary the Pecking Car 6.35 Fifi and the Flowertots (R) 6.35 City of Friends (R) 6.40 Harry and His Bucket Full of Dinosaurs (R) 6.50 Castle Farm (R) 6.55 Igam Ogam (R) 7.00 Peabody and Custard Time (R) 7.15 Thomas & Friends: Pyjamas (R) 7.30 Family (R) 7.35 Make Way for Ducklings (R) 7.45 Ha and Fred: Great Adventures (R) 7.50 Chuggington (R) 8.00 Little Princess (R) 8.20 The Adventures of Bertie Top Bat and His Best Friend Conky (R) 8.30 Angelina Ballerina (R) 8.40 Roger Bear (R) 8.50 Mickshaka Monkey (R) 9.00 Ben and Holly's Little Kingdom (R) 9.15 The Mr Men Show (R) 9.30 Percy the Racing Car (R) 9.40 Mad Shopping Tales (R) 10.00 Making the Magic: Disneyland Paris – 20th Anniversary. 10.00 Animal Rescue Squad (R) 10.30 Diary's Anatomy (R) 11.00 Extra Ordinary Trucks and Trailers (R) 12.00 Inside the Titanic (R) 2.00 Film: Pirate's Hideaway. Movie (2016) Premiere. Animated adventure with the voices of Jim Cummings. 4.00 Film: Toy Story 2. (1999) Animated sequel with the voices of Tom Hanks. 5.55 5 Mess Weekend

6.00 **FILM: Pre8ual Magic.** (1999) Fantasy starring Sandra Bullock and Nicole Kidman

8.00 **Once Upon a Time** News Update.

9.00 **FILM: The Patriot.** (2000) Action adventure starring Mel Gibson.

Digital

6.00 Mixmag Live 10.00 Ibiza's p Mixve Special 10.00 Ultimate Relax Interiors (R) 11.00 Master and Commander: The Thin Story (R) 12.30 Film: The Perfect Storm (2000) Fact-based disaster drama starring George Clooney. 3.50 Titanic (R)

6.10 **8 Ideas Weekend.**

6.30 **NCIS** Tony's news is blown as the hunt for Le Grenouille intensifies and he is later destroyed in an explosion leaving the end of the team convinced he is dead. (R)

7.10 **NCIS** The agents are asked by the deputy district attorney to search for a missing Navy officer scheduled to testify in a forthcoming murder trial. (R)

8.00 **CSI: Miami.** Horatio and Delko head to Rio de Janeiro to find Marisol's killer. Back in Miami, Ryan Wolfe reluctantly works with new CSI Natalia Boa Vista. (R)

8.00 **CSI: NY** A woman is murdered while playing an FBI agent in a role-playing game and the son of a hedge fund billionaire is kidnapped and held to ransom.

10.00 **Live International Boxing.** Tyson Fury v Martin Rogan

11.30 **MMA 00 and Martial Arts**

12.00 SuperCasino 3.35 Great Scientists. (R) 4.00 Great Artists. (R) 4.45 Rough Guide to Journeys. (R) 5.00 Hank's Helpline. (R) 5.10 The Midnight Show (R) 5.25 Thomas & Friends. (R) 5.45 Hank's Helpline. (R)

ITV2

2.20 American Idol 9.00 You're Been Framed! 9.30 Film: Jurassic Park (1993) 10.00 The Bob 9.00 Panel's Funniest Animals 9.15 Simply Get More Talent Stephen Mulhern goes behind the scenes of the Edinburgh audience and meets a 78-year-old comedian and Scotland's answer to Dexter Brown. 10.15 Celebrity Juice 10.45 Bob Lamont's LemonAid 11.45 Totally Bonkers Guinness World Records

ITV3

9.00 Inspector Wexford 4.10 Agatha Christie's Marple 8.10 Agatha Christie's Poirot 9.00 Doc Martin 9.00 Foyle's War 11.10 Film: Empire the Sun (1972)

ITV4

9.00 Live Indian Premier League Cricket. Pune Warriors v Chennai Super Kings. 7.30 Poles, Camera, Action! 9.00 River Monsters 9.00 Film: Rocky III (1982) 11.45 Film: Rocky IV (1985)

BBC THREE

7.00 Dexter Who 7.10 Top Gear 8.00 Weird Science of Dating 9.15 Film: Snatch: The Third (2007) 10.40 Russell Howard's Good News Extra 11.10 Family Guy

BBC FOUR

7.00 Sarah Parish's 9.00 Jude Bradbury's Behind Walk 10.00 Inspector Montalbano 10.35 Patronum. The Interviews Kenneth Williams 11.10 Lionel Nimmo. Dancing on the Ceiling

E4

1.35 Hollyoaks 4.10 Made in Chelsea 9.10 The Big Bang Theory 2.10 How I Met Your Mother 7.10 Rules of Engagement 9.00 Happy Endings 9.10 Film: Transformers (2007)

FILM4

3.10 Farscape 4.10 Pinocchio (1940) 4.10 Star Trek III: The Search for Spock (1984) 6.55 Big (1988) 9.00 An Officer and a Gentleman (1982) 11.10 Snake in the Eagle's Shadow (1978)

Sunday TV

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FOOTBALL FOCUS SPECIAL: WHEN NOEL MET MARIO

BBC2 10.50pm

Now here's a programme title we never expected to see. But when you think about it it's not as strange as it might first appear. Noel Gallagher is a staunch Manchester City supporter – arguably the club's most famous fan – while Mario Balotelli has become arguably City's biggest player although not necessarily because of his skills on the pitch. In this interview originally recorded for Football Focus Gallagher tries to dispel some of the myths surrounding Balotelli in an attempt to find out what really makes him tick.

BBC1

6.00 Breakfast. 9.00 Live Formula 1 Chinese Grand Prix. Coverage from the Shanghai International Circuit. Start time is 9.00am). 10.15 The Big Question. 11.15 Escape to the Country (R) 12.00 Sunday Politics. Weather for the Week Ahead. 1.00 Sergeant Hunt. (R) 1.30 Human Planet (R). 2.00 Formula 1 Chinese Grand Prix – Race. 4.50 A Question of Sport (R) 5.20 Songs of Praise.

9.00 **Thanic with Len Goodman.** (R)

9.30 **BBC News: Regional news, Weather**

2.00 **Countryfile.** Matt Baker sees the land at extreme acquintain hiking in the south Pennines, while elsewhere in the area Ellis Harrison takes a walk with local poet Simon Armitage. Including Weather for the Week Ahead.

9.00 **Antiques Roadshow.** Hans Bruce and the team return to Manchester Town Hall

9.00 **Silent Witness** Part one of two. Nikki tries to outwit a serial killer

10.00 **BBC News: Regional news, Weather**

10.25 **Have I Got a Bit More News for You.** With guest host Stephen Mangan

11.10 **Witness to Auschwitz.** An exclusive look at the controversy surrounding a survivor's Holocaust account.

11.00 **FILM: Lady in the Water** (2006) Fantasy starring Paul Giamatti.

1.30 Weather/news. 1.35 Sign Zone. Empire. (R) 3.25 The Story (R) 3.35 Nature's Weirdest Events. (R) 4.25 BBC News.

BBC2

6.00 Cbeebies. 7.00 CBBC. 7.00 Match of the Day (R) 8.00 The Andrew Marr Show. 10.00 Saturday Kitchen Best Bites. 11.30 Film: The Big Country (1958) Epic British Many. (R) 12.45 Film: The Magnificent Showman (1964) Circus drama, starring John Wayne. 2.50 Film: Right to Remember (1958) Fact-based drama, starring Richard Todd. 4.00 Sarnsbury! (R)

9.00 **The Hairy Bikers Bakeclub.** Si King and Dave Myers travel through Austria, where they make authentic apfelstrudel, Linzertorte and a chocolate gugelhupf as well as taking time out to learn how to yodel. (R)

2.00 **Formula 1 Chinese Grand Prix Highlights.** Action from the third race of the season

6.00 **Dad of Top Gear.** The fourth and final edition of the show's highlights. Last in the series.

8.00 **The World: Norway's Massacre** The media spotlight remains on Norway following the July 2011 massacre

10.00 **Match of the Day 2.** Highlights of Manchester United v Aston Villa

10.30 **Football Focus Special When Noel Met Mario.** Noel Gallagher chats to Mario Balotelli

11.20 **Twenty Twelve.** A decision has to be made on the future of the Olympic Stadium

11.50 **FILM: Lone Star.** (1996) Mystery starring Chris Cooper

3.00 BBC News. 4.30 Close.

ITV1

6.00 Cliff's Monastery. 7.25 Cliff's 8.25 Emoji Film. 8.25 ITV News. 9.30 Adam Brian (R) 10.35 Way the Best Bakes Win (R) 11.35 Love Lust Film (R) 12.30 ITV News Weather. 12.35 Britain's Got Talent (R) 1.00 The Planets Funniest Animals (R) 2.00 The Simpsons (R) Everyone's Dead. 2.35 Film: Columbo Undercover (1984) Crime drama. 4.30 Home Sweet Home (R) 5.00 Regional News Weather. 5.10 ITV News Weather. 5.20 ITV Lotto Results.

6.00 **The Big Deal – Bankrupt in Essex.** Stephen Mulhern takes a crash course in which stars of the comedy Benidorm and reality takes The Only Way Is Essex answer questions about their programmes.

6.00 **Titanic.** The ship hits the iceberg and panic takes hold with the passengers and crew rushing to save their relatives. Last in a series of two looks at what little time they may have left. Last in the series.

10.30 **Wards of the Titanic.** Well-known actors including Richard E Grant and Finger Allam give readings from the diaries, accounts and letters of the Titanic's passengers and crew. Charles Dance narrates.

11.00 **ITV News: Weather**

11.05 **Premiership Rugby Union.**

12.00 The Zane. ITV News Headlines. 2.15 British Superbike Championship Highlights. 3.00 ITV Rightstream. 5.30 ITV Morning News.

Channel 4

6.15 The Hooks (R) 6.40 The Hooks (R) 7.05 Hour to London 2012: Dual Paralympic Show (R) 7.35 Channel 4 Presents – The Last Leg Live (R) 12.30 ITV Sunday Show 2.00 Film: Love Happens. (2009) Premiere. Romantic drama, starring Aaron Eckhart and Jennifer Aniston. 4.00 Film: Saving the Titanic (2012) Premiere. Fact-based drama, starring David Wenham.

6.00 **Channel 4 News.**

7.00 **Throughthe Keyhole.**

8.00 **FILM: Marley and Me.** (2008) Comedy drama starring Owen Wilson, Jennifer Aniston and Kathleen Turner.

10.00 **Homeland.** Brody receives a threat his mission ends trying to smash his ties with Abu Nazir, while Carrie receives a embroiled in a public scandal. A nightmare following the rescue shooting

10.00 **FILM: The Last Exorcism.** (2010) Premiere. Horror starring Patrick Fabian.

10.40 **FILM: The Hills Have Eyes.** (2006) Horror remake starring Aaron Stanford.

9.05 Fareportion (R) 2.10 Hi the Mad Ladz 2.35 Comedy Lab Mr Bean's Holiday and Set Sitting. (R) 3.25 Hollyoaks. (R) 5.30 Countdown. (R)

Channel 5

6.00 Milkshake! Peppa Pig 6.15 Diary the Pecking Car 6.35 Fifi and the Flowertots (R) 6.35 City of Friends (R) 6.40 Harry and His Bucket Full of Dinosaurs (R) 6.50 Castle Farm (R) 6.55 Igam Ogam (R) 7.00 Peabody and Custard Time (R) 7.15 Thomas & Friends: Pyjamas (R) 7.30 Family (R) 7.35 Make Way for Ducklings (R) 7.45 Ha and Fred: Great Adventures (R) 7.50 Chuggington (R) 8.00 Little Princess (R) 8.20 The Adventures of Bertie Top Bat and His Best Friend Conky (R) 8.30 Angelina Ballerina (R) 8.40 Roger Bear (R) 8.50 Mickshaka Monkey (R) 9.00 Ben and Holly's Little Kingdom (R) 9.15 The Mr Men Show (R) 9.30 Percy the Racing Car (R) 9.40 Mad Shopping Tales (R) 10.00 Making the Magic: Disneyland Paris – 20th Anniversary. 10.00 Animal Rescue Squad (R) 10.30 Diary's Anatomy (R) 11.00 Extra Ordinary Trucks and Trailers (R) 12.00 Inside the Titanic (R) 2.00 Film: Pirate's Hideaway. Movie (2016) Premiere. Animated adventure with the voices of Jim Cummings. 4.00 Film: Toy Story 2. (1999) Animated sequel with the voices of Tom Hanks. 5.55 5 Mess Weekend

6.00 **FILM: Pre8ual Magic.** (1999) Fantasy starring Sandra Bullock and Nicole Kidman

8.00 **Once Upon a Time** News Update.

9.00 **FILM: The Patriot.** (2000) Action adventure starring Mel Gibson.

12.00 Arsenal's Planned War on Indian Racehorses! (R) 1.00 SuperCasino 9.00 The FIM Files (R) 9.00 County Secrets. (R) 9.00 Heroes Helpline (R) 5.10 The Midnight Show (R) 5.25 Thomas & Friends. (R) 5.35 Hank's Helpline. (R)

Digital

ITV2

2.30 Film: The Mummy Returns (2001) 9.00 Film: Jurassic Park III (2001) 9.10 Bruno's Got Talent 9.00 Sisters Got More Talent 9.00 Benidorm 10.00 The Only Way is Essex 10.40 Film: Notting Hill (1999)

ITV3

9.00 Film: The Great St Trinian's Train Robbery (1966) 11.35 Foyle's War 9.00 Agatha Christie's Poirot 9.00 Film: Smokey and the Bandit II (1980) 11.00 Chemo

ITV4

11.00 Live Brown Touring Car Championship Round two from Donington Park 8.00 The Premiership Rugby 8.00 Premiership Rugby Union 9.00 Indian Premier League Cricket 10.00 Film: Rocky IV (1985) 11.50 Film: Rocky V (1990)

BBC THREE

7.00 Great Movie Mistakes 8.01 Hot in 30 2.10 Pop's Greatest Comic Capers 2.10 The Viva UK 10.00 Don't Tell the Bride USA 9.00 Don't Tell the Bride Smallest Memories 10.00 Family Guy 11.30 American Dad

BBC FOUR

7.00 Fry Meets Goes Wetherlove 9.00 Film: Wetherlove (1971) 10.35 Isabel Allende's Tribe to Mark Rylance 11.35 Lewisham and Wars The Great British Workout

E4

9.00 90210 9.00 Film: Star Trek: First Contact (1996) 9.00 Desperate Housewives 11.00 Made in Chelsea

FILM4

9.00 Carry On Up the Khyber (1968) 9.00 Time Bandits (1981) 7.00 Home Alone (1990) Family comedy starring Macaulay Culkin. 9.00 The Piano (1993) A mute Scottish widow travels to New Zealand to an arranged marriage, and embarks on a passionate affair with a quiet settler. Period drama, with Holly Hunter and Harvey Keitel. 11.10 The Full Monty (1997) Comedy, starring Robert Carlyle

Monday

BBC1
6.00 Breakfast 9.15 Her Hunters. 10.00 Homes Under the Hammer. BBC News Weather. 11.00 Don't Get Done Get Dem. 11.45 Cash in the Attic. BBC News Weather. 12.15 Bargain Hunt (R) 1.00 BBC News Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.10 Escape to the Country. 3.00 BBC News Weather. Regional News. 3.05 CBBC. 5.15 Pointless. (R) 6.00 BBC News Weather. 6.00 Regional News Programmes Weather. 7.00 The One Show. 7.30 Bang Goes the Theory. BBC News, Regional News. 8.00 EastEnders. 8.30 Billionaire Relating Tacky? Panorama. 9.30 Silent Witness. 10.30 BBC News. 10.35 Regional News. Weather. 10.30 A Question of Sport. 11.05 Last Kick Off. 11.35 The Graham Norton Show. (R) 12.30 Weatherwise. 12.35 Sign Zone. Daniel Hadaway: The Art of Sleep. (R) 1.30 Bridge's Favourite Supermarket Foods. (R) 2.24 Tic Buddy Go Up. (R) 3.30 Antiques Road Trip. (R) 4.10 BBC News.

BBC2
6.00 CBeebies. 7.00 CBBC. 8.30 CBeebies. 11.00 BBC World News. 12.00 Lady Chatterley's Lover. 1.00 Natural Top 40. (R) 1.30 Instant Restaurant. (R) 2.10 Weakest Link. (R) 3.00 Helicopter Heroes. (R) 3.00 Flog It. (R) 4.30 Perfection. (R) 5.10 Put Your Money Where Your Mouth Is. 6.00 Eggheads. 6.30 Celebrity Antiques Road Trip. (R) 7.30 Great British Menu. 8.00 Chaplains. Angela of Mersey. 8.30 The Little Paris Kitchen Cooking with Rachal Khoo. 9.00 The 70s. 10.00 Sounds of the 70s. 10.30 Newsnight Weather. 11.20 This World. Alchemy. Assassins. (R) 12.20 BBC News. 4.00 BBC Learning Zone.

ITV1
6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. (R) 10.30 The Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 Regional News Weather. 2.00 60 Minute Makeover. 3.00 Deckorama Real Deal. 3.30 Regional Weather. 4.00 The Great British Taste Test. 5.00 The Chase. 6.00 Regional News Weather. 6.30 ITV News Weather. 6.45 Emmerdale. 7.30 Coronation Street. 8.00 The Dales. 9.30 Call nation Street. 8.00 Scott & Bailey. 10.00 ITV News at Ten. Weather. 10.30 Regional News. Weather. 10.35 The Wanda Watch. 11.05 Mighty Mermaids with Travis McDonald. (R) 12.00 The Zona. ITV News Headlines. 2.15 Champ ions League Weekly. 2.00 ITV Nightscreen. 4.30 The Jeremy Kyle Show. (R) 5.30 ITV Morning News.

Channel 4
6.15 The Hoobs. (R) 8.00 Hollyoaks. (R) 10.05 Freshly Squeezed. 7.35 According to Jim. 8.00 Everybody Loves Raymond. (R) 8.30 Frasier. (R) 9.00 Undercover Boss. (R) 10.00 Mary Portas: Secret Shopper. (R) 11.00 Secret Location. (R) 12.00 Channel 4 News Summary. 12.25 River Cottage Veg Heroes. 12.35 The Food Hospital. (R) 1.30 Film. Gun Fury (1953) Western Starring Rock Hudson. 3.05 Channel 4 News. – David Smith 2012. (R) 3.15 Countdown. 4.00 Deal or No Deal. 5.00 Come Dine with Me. 6.00 Four in a Bed. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.35 Supersize vs Superskinny. 8.00 The Undateables. 10.00 Roadjacker. 10.30 Hit the Road Jack. 11.00 Random Acts. 11.10 Desperate Housewives. 12.05 Poker. 1.05 ICC Cricket Weekly. 1.40 Sailing: America's Cup Uncovered. 2.05 British F3. (R) 3.25 FIA GT Championship. (R) 3.25 The Many Ages of Boy George. (R) 4.25 London 2012: Paralympic Extra. (R) 4.55 First Encounters at the Sporting Mind Koblenberg. (R) 4.55 Freestyle. 5.15 Full Metal Challenge.

Channel 5
6.00 Milkshake! 9.15 The Wright Stuff. 11.10 LIVE with 12.15 5 News Lunchtime. 12.25 Rory and Paddy's Even Greater British Adventure. (R) 1.15 Home and Away. 1.40 Neighbours. 2.10 CSI: Crime Scene Investigation. (R) 3.15 Film. Mystery Woman: Crime Scene Investigation. Drama starring Kellie Martin. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 News at 6.30. 7.00 Eddie Stobart: Trucks and Trailers. (R) 5 News Update. 8.30 Rory McGrath's Pub Dog. 5 News at 9. 9.00 CSI: Crime Scene Investigation. 10.00 CSI: NY. (R) 11.00 CSI: Miami. (R) 11.55 CSI: Crime Scene Investigation. (R) 12.50 Supercars. 3.20 House Doctor. (R) 4.20 Milkshake's Wild Challenge. (R) 5.10 Great Scientists. (R)

Tuesday

BBC1
6.00 Breakfast. 9.15 Her Hunters. 10.00 Homes Under the Hammer. (R) BBC News Weather. 11.00 Don't Get Done Get Dem. 11.45 Cash in the Attic. BBC News Weather. 12.15 Bargain Hunt. (R) 1.00 BBC News Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.10 Escape to the Country. 3.00 BBC News. Weather. Regional News. 3.05 CBBC. 5.15 Pointless. (R) 6.00 BBC News Weather. 6.30 Regional News Programmes Weather. 7.00 The One Show. 7.30 EastEnders. BBC News. Regional News. 8.00 Holby City. (R) The Syndicate. 10.00 BBC News. 10.20 Regional News Weather. National Lottery Update. 10.30 The Last. BAFTA Awards. 11.10 Kevin Bridges: Who's the Story? (R) 11.40 The Exits. (R) 12.10 Film. Underclassman. (2008) Comedy starring Nia Cannan. 1.50 Weatherwise. 1.55 Sign Zone. The Apprentice. (R) 2.40 Antiques Road Trip. (R) 3.30 Britain's First Ladies. Album. (R) 4.00 BBC News.

BBC2
6.00 CBeebies. 7.00 CBBC. 8.30 CBeebies. 11.30 BBC World News. 12.00 Lady Chatterley's Lover. 1.00 Natural Top 40. (R) 1.30 Instant Restaurant. (R) 2.10 Weakest Link. (R) 3.00 Helicopter Heroes. (R) 3.00 Flog It. (R) 3.30 Perfection. (R) 5.10 Put Your Money Where Your Mouth Is. 6.00 Eggheads. 6.30 Celebrity Antiques Road Trip. (R) 7.30 Great British Menu. 8.00 The Hairy Bikers' Mexican Adventure. 9.00 Meet the Romans with Mary Beard. 10.00 Lulu Live – with Jools Holland. 11.00 Newsnight Weather. 11.20 The 70s. (R) 12.20 BBC News. 4.00 BBC Learning Zone.

ITV1
6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 The Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 Regional News Weather. 2.00 60 Minute Makeover. 3.00 Deckorama Real Deal. 3.30 Regional Weather. 4.00 The Great British Taste Test. 5.00 The Chase. 6.00 Regional News Weather. 6.30 ITV News. Weather. 6.45 Emmerdale. 7.30 Coronation Street. 8.00 The Dales. 9.30 Call nation Street. 8.00 Scott & Bailey. 10.00 ITV News at Ten. Weather. 10.30 Regional News. Weather. 10.35 The Wanda Watch. 11.05 Mighty Mermaids with Travis McDonald. (R) 12.00 The Zona. ITV News Headlines. 2.15 Champ ions League Weekly. 2.00 ITV Nightscreen. 4.30 The Jeremy Kyle Show. (R) 5.30 ITV Morning News.

Channel 4
6.15 Sai Mac. (R) 8.15 The Hoobs. (R) 8.00 Hollyoaks. (R) 10.05 Freshly Squeezed. 7.35 According to Jim. 8.00 Everybody Loves Raymond. (R) 8.30 Frasier. (R) 9.00 Undercover Boss. (R) 10.00 Mary Portas: Secret Shopper. (R) 11.00 Secret Location. (R) 12.00 Channel 4 News Weekly Summary. 12.25 River Cottage Veg Heroes. 12.35 The Food Hospital. (R) 1.30 Film. Gun Fury (1953) Western Starring Rock Hudson. 3.05 Channel 4 News. – David Smith 2012. (R) 3.15 Countdown. 4.00 Deal or No Deal. 5.00 Come Dine with Me. 6.00 Four in a Bed. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.35 Supersize vs Superskinny. 8.00 The Undateables. 10.00 Roadjacker. 10.30 Hit the Road Jack. 11.00 Random Acts. 11.10 Desperate Housewives. 12.05 Poker. 1.05 ICC Cricket Weekly. 1.40 Sailing: America's Cup Uncovered. 2.05 British F3. (R) 3.25 FIA GT Championship. (R) 3.25 The Many Ages of Boy George. (R) 4.25 London 2012: Paralympic Extra. (R) 4.55 First Encounters at the Sporting Mind Koblenberg. (R) 4.55 Freestyle. 5.15 Full Metal Challenge.

Channel 5
6.00 Milkshake! 9.15 The Wright Stuff. 11.10 LIVE with 12.15 5 News Lunchtime. 12.25 Rory and Paddy's Even Greater British Adventure. (R) 1.15 Home and Away. 1.40 Neighbours. 2.10 CSI: Crime Scene Investigation. (R) 3.15 Film. Mystery Woman: Crime Scene Investigation. Drama starring Kellie Martin. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 News at 6.30. 7.00 Eddie Stobart: Trucks and Trailers. (R) 5 News Update. 8.30 Rory McGrath's Pub Dog. 5 News at 9. 9.00 CSI: Crime Scene Investigation. 10.00 CSI: NY. (R) 11.00 CSI: Miami. (R) 11.55 CSI: Crime Scene Investigation. (R) 12.50 Supercars. 3.20 House Doctor. (R) 4.20 Milkshake's Wild Challenge. (R) 5.10 Great Scientists. (R)

Wednesday

BBC1
6.00 Breakfast. 9.15 Her Hunters. 10.00 Homes Under the Hammer. (R) BBC News Weather. 11.00 Don't Get Done Get Dem. 11.45 Cash in the Attic. BBC News Weather. 12.15 Bargain Hunt. (R) 1.00 BBC News Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.10 Escape to the Country. 3.00 BBC News Weather. Regional News. 3.05 CBBC. 5.15 Pointless. (R) 6.00 BBC News Weather. 6.30 Regional News Programmes Weather. 7.00 The One Show. 7.30 Fake Britain. (R) BBC News. Regional News. 8.00 Waterloo Road. 9.00 The Apprentice. 10.00 BBC News. 10.25 Regional News. Weather. 10.45 Different. 11.15 National Lottery Wednesday Night Draws. 12.28 2012 Olympic Games: 100 Days to Go. A preview of the year's London Games. National Lottery Update. 11.45 The Syndicate. (R) 12.45 Weatherwise. 12.50 Sign Zone. See Hear. (R) 1.20 Watership Down. 2.20 Natures Weirdest Events. (R) 3.20 Antiques Road Trip. (R) 4.00 BBC News.

BBC2
6.00 CBeebies. 7.00 CBBC. 8.30 CBeebies. 11.30 Daily Politics. 1.00 Weakest Link. (R) 1.30 Instant Restaurant. (R) 2.10 Weakest Link. (R) 3.00 Helicopter Heroes. (R) 3.00 Flog It. (R) 3.45 Flog It. (R) 4.30 Perfection. (R) 5.10 Put Your Money Where Your Mouth Is. 6.00 Eggheads. 6.30 Celebrity Antiques Road Trip. (R) 7.30 Great British Menu. 8.00 Great British Menu. 9.00 Desmond's. 10.00 The Apprentice: Youre Fired. 10.30 Newsnight Weather. 11.20 Film. Storyville. Hejduk Hejl – Bus 174. (2002) Documentary. 1.40 BBC News. 4.00 BBC Learning Zone.

ITV1
6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. (R) 10.30 The Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 Regional News Weather. 2.00 60 Minute Makeover. 3.00 Deckorama Real Deal. 3.30 Regional Weather. 4.00 The Great British Taste Test. 5.00 The Chase. 6.00 Regional News Weather. 6.30 ITV News. Weather. 6.45 Emmerdale. 7.30 Coronation Street. 8.00 Champions League Soccer. 9.30 UEFA Champions League Extra. 11.30 Total Emergency. (R) 12.30 The Zona. ITV News Headlines. 2.30 British Touring Car Championship. 3.00 ITV Nightscreen. 5.30 ITV Morning News.

Channel 4
6.15 The Hoobs. (R) 8.00 Hollyoaks. (R) 10.05 Freshly Squeezed. 7.35 According to Jim. 8.00 Everybody Loves Raymond. (R) 8.30 Frasier. (R) 9.00 Undercover Boss. USA. 10.00 SuperScrimpers. (R) 11.00 Secret Location. (R) 12.00 Channel 4 News Monday Summary. 12.25 River Cottage Veg Heroes. 12.35 The Food Hospital. (R) 1.35 Film. 7th Cavalry (1956) 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Come Dine with Me. 6.00 Four in a Bed. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.35 4thought. 8.00 Four Rooms. 8.00 Elizabeth Taylor: Auction at a Lifetime. 10.35 The Last Leg. 11.10

Food & Drink

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FSA unveils elite 'safety squad' for Olympics

THE FOOD STANDARDS AGENCY has assembled an elite 'Food Safety Squad' to lead inspections in the run-up to this summer's Olympic Games

Ten leading food safety inspectors will be based in Olympic venue cities to lead increased inspections and training as the sporting jamboree looms

"London 2012 is about celebrating everything that the UK has to offer and food is an important part of this," said FSA enforcement head Sarah Appleby

"We have so much fantastic food to showcase to Games visitors and we want food business owners to ensure that everything they sell is the best it can be. It will be an exceptionally busy time for a lot of these businesses and the FSA is providing extra support and advice to make sure they are well prepared to meet the challenge."

Sainsbury's launches home baking website

SAINSBURY'S is launching a website aimed for those with a passion for baking. The site, Sainsburys.co.uk/baking, comprises sweet and savoury recipes, products, techniques and tips as well as a regular Q&A from award-winning baker and cookery writer Dan Lepard, who will be on hand each month to solve baking dilemmas.

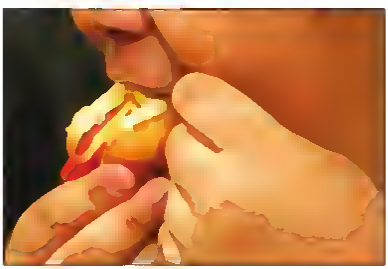
Tips on creating healthier recipes, baking shortcuts and advice on food intolerances will be available at the click of a button while baking for occasions such as picnics, children's parties and street parties is also covered. Essential kitchenware and must have equipment for the discerning baker are featured along with inspirational food serving ideas and storage solutions.

Moji Fonle, Head of Home Baking at Sainsbury's says: "The launch of our Home Baking website has been a long time coming as we wanted to be absolutely sure the content is interesting and useful to bakers of all levels and experience. With the regular input from Guardian columnist Dan Lepard, we're hoping the site will be in the favourites of food fans everywhere."

As part of Sainsbury's commitment to help customers live well for less, the home baking website will provide relevant and timely suggestions to help bakers up and down the country manage their budget and impress their family and friends with delicious bake-related goods.

Sainsbury's has seen sales of its bakeware equipment and home baking items soar in the last 12 months and recently announced a exclusive book deal with Jo Wheatley, series 2 winner of The Great British Bake Off: A Passion For Baking and hits Sainsbury's stores in late May.

Scientists 'discover gluttony gene'



A SINGLE GENE'S effect on the brain can result in non-stop eating, research has shown.

Scientists believe the "gluttony gene" may be responsible for cases of obesity caused by out-of-control appetite. The Bdnf gene variant was studied in mice. It was found to prevent brain neurons from transmitting signals that tell the body it has eaten enough.

This discovery may open up novel strategies to help the brain control body weight," said lead researcher Dr Baoli Xu, from Georgetown University Medical Centre in the US.

Hunger and satiety, the sensation of "feeling full", are governed by a complex balance of hormonal and neuronal signals. Two hormones in particular, leptin and insulin, released in the body after a meal play a key role.

Their chemical signals activate neurons in the hypothalamus region of the brain that trigger satiety. But if the connection is not made, the craving for food continues.

Short' versions of the Bdnf gene block the leptin and insulin signals and prevent the "stop eating" message passing through the brain to the correct appetite-suppressing locations, say the scientists.

The research is reported online in the journal Nature Medicine.

Bdnf makes a protein that is synthesised in dendrites, the branch-like "fingers" that project from nerve cells. Dendrites carry the synapses that neurons use to communicate to each other.

'If there is a problem with the Bdnf gene, neurons can't talk to each other and the leptin and insulin signals are ineffective, and appetite is not modified," said Dr Xu.

Previous work by Dr Xu has shown that Bdnf is important for the formation and maturation of synapses during development. Mice born without the correct 'long" version of the gene suffer impaired learning and memory. They also grow to be severely obese.

Tesco launchers 'Everyday Value' range

TESCO is launching a new range of brightly-packaged and brilliantly-priced food under a new brand: 'Everyday Value'. The range will replace Tesco Value and follows extensive research with customers to understand what they want to see from a value brand today.

David Wood, Tesco UK Marketing Director said, "Tesco was the first supermarket to launch a Value range back in 1993, the blue-and-white striped brand giving customers a down-to-earth option. Almost 20 years on and an affordable quality range is more relevant than ever, but customer needs have changed.

"We have listened closely to what our customers want and Everyday Value will provide products that taste better, look better and are healthier – still at the same great price."

Tesco is focusing on three areas with the launch of Everyday Value.

Quality - improving the quality of its Everyday Value products, at no extra cost for the customer. Tesco Everyday Value products will contain no MSG, no hydrogenated fats, no artificial flavours or colours, and no genetically modified ingredients. Other quality improvements include 100 per cent fish fillet in Everyday Value fish fingers, tea bags and instant coffee re-blended to improve the flavour and orange and lemon squash with 10 per cent more fruit juice.

Healthier options. The new range caters for customers who want healthier options – and also supports British produce. Everyday Value mince will have a lower fat content than the old Value version, Everyday Value tinned fruit will come in fruit juice instead of syrup as the new fruit harvest comes in from June, while tinned peas, beetroot and carrots will be 100 per cent British. British flour will be used to make bakery products such as pancakes, crumpets and scones.

Packaging improvements. To help customers spot the new range on the shelves, Everyday Value packaging is more colourful and softer than the blue-and-white of the old Value range. We have also improved the way it functions, including biscuits in easy-open packets, grated cheese in re-sealable bags and fruit juice in easy-pour cartons.

David Wood continues: "We apply the same standards to our Everyday Value products as we do to all our Tesco food. Customer trials of the Everyday Value range have been very positive. Customers tell us they like the new name and the new packaging."

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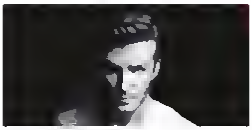

DAVID BECKHAM will be the first man to appear on the cover of ELLE magazine.

Beckham will grace the July issue cover which will be a nod to the Olympics.

ELLE is a prestigious magazine with international recognition said David of the shoot. I'm honoured to have been asked to be the first ever solo male fashion cover.

The star was chosen because of his appeal to both men and women, his athletic credentials and for being a huge global icon.

Other men have appeared on the cover of ELLE, but they were not posing alone.

Ewan McGregor appeared with Down With Love co-star Renee Zellweger whilst Liam Gallagher graced the front cover of the magazine with partner Nicole Appleton in 2001.

Dior names Belgian designer to succeed disgraced Galliano

FRENCH FASHION powerhouse Dior on Monday named Raf Simons as chief designer to succeed disgraced John Galliano who was fired more than a year ago for racist outbursts.

The 44-year-old Belgian, who started out designing furniture, will be responsible for Haute Couture, Ready-to-Wear and Women's Accessories, the Paris-based fashion house said in a statement.

He will premiere his first Christian Dior Haute Couture collection in Paris in July, said Dior, one of the crown jewels in Bernard Arnault's LVMH luxury empire.

Dior hailed the Belgian as "one of the biggest contemporary talents", saying that "he will inspire and push into the 21st century the style that Mr Dior launched with the opening of his house and that has changed, since its first collection, the codes of world elegance."

The designer in turn hailed his new employer as "a symbol of absolute elegance."

Flamboyant British designer Galliano was sacked last year after a video emerged of him hurling anti-Semitic slurs at patrons in a Paris bar.

Since then, his former nightclubbing pal Bill Gaytten has overseen Dior collections.

Galliano was convicted of anti-Semitism by a French court in September, receiving suspended fines totalling 6,000 euros (8,400 dollars) after the court accepted his argument that he was sorry for his actions.

The Paris criminal court found him guilty of making anti-Semitic insults in public -- an offence under French law -- when he clashed with bar patrons in the capital's Marais district on two occasions, in 2010 and 2011.

The court ordered Galliano to pay a symbolic euro in damages to each of the victims and to five anti-racism groups that were plaintiffs in the case. He was also told to pay the associations 16,500 euros in legal costs.

The 50-year-old designer later checked into rehab for two months in Arizona and Switzerland.

Simons, who has always been a darling of the fashion press, had his own eponymous line that has been showing in Paris for a while. He is known for his often ground-breaking, minimalist fashion which he originally designed for men before launching into women's pret-a-porter.

The Flemish Belgian works and lives in Antwerp, and his name had been repeatedly mentioned over recent months as a possible replacement for Galliano.

The Jil Sander fashion house, for which he had worked as creator since 2005, announced his departure in February.

H and M enjoys 5% rise in earnings

FASHION RETAILER H and M has said its earnings increased 5% in the first quarter on rising sales, but margins shrank due to higher purchasing costs.

Net profit was 2.74 billion Swedish kronor (£250 million) in the December 2011 to February 2012 period, up from 2.02 billion kronor (£247 million) in the same period a year earlier.

H and M said net sales rose to 27.8 billion kronor (£2.6 billion), from 24.5 billion kronor (£2.3 billion) a year ago, and the increase continued in March.

H and M said it opened a new store in Sofia, Bulgaria, this month and plans to have opened other stores in Bulgaria, Latvia, Malaysia, Mexico and - through a franchise - Thailand by the end of the year.

The retailer said its gross margin tightened to 55.8%, from 57.8%, in part because it kept prices stable despite higher purchasing costs.

"The increased purchasing costs are due partly to higher cotton prices at the time for sourcing for the quarter compared to the corresponding sourcing period the previous year, but also to our long-term investments aimed at broadening our total offering," H and M chief executive Karl-Johan Persson said.

He said the company plans to open a new chain next year that would build on the launch of H and M's upscale chain Collection of Style, or COS, in 2007.

"Like COS, which today is very successful with good profitability, the new chain of stores will be independent and complement the other offerings from the group," Mr Persson said. "We have great faith in this new brand and we see considerable potential for further initiatives."

Shape up for Summer with Miracle Jeans from Sainsbury's

TU at Sainsbury's has announced the introduction of a fantastic new, secret support jean - a jean that instantly flattens the tummy, lifts and shapes the bum and smoothes curves through in-built secret support.

Every woman wants to feel confident, stylish and positive about her body, without breaking the bank, and these new jeans are flying off the rails around the country reinforcing the nation's love of Shapewear.

Research by TU at Sainsbury's*, reveals that one in three women rate their derriere as the least favorite part of their body, whilst a staggering 55% state their tummy as their biggest insecurity. As a quick fix solution women regularly fall back on shape enhancing clothing, with over a third of Britain's women opting to pull on their favourite figure enhancing garments, rather than diet for that special occasion. The Secret Support Jeans from TU, target the nation's top insecurities and answer consumer demand for everyday shapewear.

Amazingly, nearly 53,000 women in the UK wear shape enhancing garments at least once a week, with almost half of the nation's size 10 ladies donning shapewear daily (41%) to smooth any lumps and bumps.

Sainsbury's clothing range TU now offers the easiest solution to create a behind to rivals Beyonce's and offers an affordable way for the UK's women to learn how to love their bums. The survey also revealed that 32% of women wear shapewear to impress on a date and 58% wear it to ensure they look their best when attending a party. So if you have a date, party or just want to look your best on the school run, these jeans will give you the confidence you are looking for.

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Shaping up after Easter!

Denise Kelly

I HOPE you have all had a fabulous Easter! I have been in Spain working with a team of experts who are planning some exciting Boot Camps in the La Manga area starting in May. The first week will be half price to get it kick started. (Normally £800 for the week, with only 15 spaces, so first come first served for £400) and you will stay in a fantastic Villa, have all your luscious food prepared for you and be totally taken care of by their exceptional body conditioning trainers, making you seriously sweat for the week!

After one week the appearance in your body will be more toned, less inches and weight (if you need to lose) and a massive increase in energy, motivation and inspiration. You will also be given information with you to take home to follow the regime, or alternatively you can just book your place to stay for as many weeks as you wish. I don't have exact dates yet, but if anyone would like to get their names down on the waiting list for the first week, or you would simply just like to have a chat about it, please give me a call. It's going to be fantastic fun and a brilliant way to whip you into shape for the summer! The programme is designed for men and women, and over the coming weeks I will be giving more information about it so watch this space.

In the meantime, if you seriously want to get in shape for summer, one fab ingredient that you could try adding to your healthy regime is cayenne pepper. In fact, many people claim that cayenne pepper may just be the best herb that you can use for weight loss. Cayenne pepper primarily helps with weight loss by speeding up your metabolism by as much as 25 percent. The ingredient responsible for this benefit is capsaicin, the active ingredient found in cayenne pepper. This ingredient is what gives this pepper its spicy flavor. Capsaicin is considered a thermogenic chemical, which can help increase your metabolism. Even after you've eaten a meal that has a high fat content, (and I am not suggesting for one minute that you do!) the capsaicin in cayenne pepper can help you burn the excess calories. Capsaicin can also slow down the development of fats in your body by activating a protein called kinase. Kinase is primarily found in your tissues and muscles. Aside from boosting your metabolism, capsaicin can also suppress your appetite, which means that you will feel fewer hunger pangs and eat less! In the medical industry, capsaicin is also being used as a pain relief solution. Cayenne pepper has been reported to have many more benefits for your health than just helping with weight loss. It has been claimed that this miracle herb can cure many diseases including heart disease, cancer, tuberculosis, infertility, rheumatism and leukaemia. It contains antifungal and anti-virus properties and can help with the reduction of allergies, muscle cramps, influenza and much more.

Apparently, according to research it can instantly stop a heart attack if the patient is able to drink a glass of warm cayenne water, bringing the patient straight out of the heart attack by instantly dilating the blood vessels and increasing blood circulation. If you haven't already got some in your cupboard I would seriously consider adding some cayenne pepper to your collection of herbs for more reasons than one!

Caution: If you have a delicate digestive system use sparingly!

For bootcamp info go to www.oneandonlybootcamp.com Or call +44 7827 336020

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel: 01243 528040 www.denisekelly.co.uk

Link between fast food and depression confirmed

A NEW STUDY along the same lines as its predecessors shows how eating fast food is linked to a greater risk of suffering from depression. This study has been published in the Public Health Nutrition journal.

According to a recent study headed by scientists from the University of Las Palmas de Gran Canaria and the University of Granada, eating commercial baked goods (fairy cakes, croissants, doughnuts, etc.) and fast food (hamburgers, hotdogs and pizza) is linked to depression.

Published in the Public Health Nutrition journal, the results reveal that consumers of fast food, compared to those who eat little or none, are 51% more likely to develop depression.

Furthermore, a dose-response relationship was observed. In other words this means that "the more fast food you consume, the greater the risk of depression," explains Almudena Sánchez-Villegas, lead author of the study.

The study demonstrates that those participants who eat the most fast food and commercial baked goods are more likely to be single, less active and have poor dietary habits, which include eating less fruit, nuts, fish, vegetables and olive oil. Smoking and working more than 45 hours per week are other prevalent characteristics of this group.

With regard to the consumption of commercial baked goods, the results are equally conclusive. "Even eating small quantities is linked to a significantly higher chance of developing depression," as the

university researcher from the Canary Islands points out.

The study sample belonged to the SUN Project (University of Navarra Diet and Lifestyle Tracking Program). It consisted of 8,964 participants that had never been diagnosed with depression or taken antidepressants. They were assessed for an average of six months, and 493 were diagnosed with depression or started to take antidepressants.

Depression affects 121 million people worldwide. This figure makes it one of the main global causes of disability-adjusted life year. Further still, in countries with low and medium income it is the leading cause.

However, little is known about the role that diet plays in developing depressive disorders. Previous studies suggest that certain nutrients have a preventative role. These include group B vitamins, omega-3 fatty acids and olive oil. Furthermore, a healthy diet such as that enjoyed in the Mediterranean has been linked to a lower risk of developing depression.

High blood pressure affecting diabetes patients

IT HAS BEEN revealed that diabetes patients have a higher risk of being affected with high blood pressure. The revelation came from the charity Diabetes UK. According to the charity, half of the diabetic population of the UK is suffering with high blood pressure.

Diabetes and high blood pressure can have an adverse effect on the health of a person if adequate treatments are not provided for either controlling diabetes of high blood pressure. High blood pressure has previously been linked to heart attack and brain stroke.

The charity has highlighted that diabetic patients suffering with high blood pressure are not given preference by the medical professionals. Adequate treatments are lacking which should be made available to ease the suffering of a diabetic patient.

The Chief Executive of the charity, Barbara Young, was reported as saying, "Given the link between blood pressure and diabetes-related complications such as stroke, kidney failure and heart disease, it is extremely worrying that half of people with diabetes have high blood pressure".

Barbara Young further noted that the high blood pressure is the leading cause behind increased death rates among diabetic patients. The charity made the revelation after taking data from National Diabetes Audit.

Diabetes is in itself a deadly disease which leads to the failure of organs and could also lead to blindness. It has been highlighted that diabetic patients are not offered blood pressure tests. It has been recommended by the charity that blood pressure diagnosis test should be made available to all diabetic patients. Medical treatment should also be made available for those who are suffering with high blood pressure and diabetes at the same time.

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Business confidence level improving

BUSINESS CONFIDENCE returned to growth over the past six months, a survey has revealed, but two-thirds of firms warned that the recovery will not properly gain momentum until next year.

The Regus Business Confidence Index, which surveyed more than 2,500 UK companies, found that optimism levels increased by four points to 91 this month, helping reverse the sharp falls seen when the survey was last carried out in October.

Small companies led the way, with a six-point rise to 88, driven by encouraging growth in revenues and profits, although their levels of confidence still lag behind larger companies.

But while confidence has recovered some of the 21-point fall it suffered in October, companies of all sizes warned that 2012 will remain challenging, with two-thirds predicting that the recovery will not get into full swing until 2013.

Celia Donne, regional director at Regus, said: "Finally, after a significant setback between April and October 2011, business confidence is beginning to grow again.

It is clear from our research that the business performance and confidence of small firms has particularly improved over the last period."

The upbeat survey is the latest of a series of economic indicators that suggest the

economy is gathering pace after a 0.3% contraction in the final quarter of 2011 and may have avoided a return to recession.

Global workplace provider Regus said companies planned to continue making cost savings in coming months, including making efficiencies in their supply chain, using more flexible work space and greater use of pay-as-you-go services.

Large firms said making too many permanent staff redundant was the main reason that companies had struggled during the downturn, while small firms highlighted difficulties in accessing affordable capital.

Retail administrations rise by 15%

SHOPPERS abandoning high street stores for internet rivals helped trigger a 15% rise in retail administrations in the first quarter of 2012, a report has revealed.

Accountancy firm Deloitte said a total of 62 retailers collapsed, up from 60 in the same period the previous year, as the squeeze on consumer spending and the growing popularity of online retailers took their toll.

Fashion chain Peacocks, video games retailer Game Group, outdoor specialist Blacks Leisure, gift seller Past Times and lingerie firm La Senza all threw in the towel in the period, between them accounting for nearly 10,000 job losses.

The collapse of such big names meant the number of redundancies was likely to have been far higher than a year ago, the report added.

Lee Manning, a restructuring services partner at Deloitte, said: "The first quarter of 2012 is particularly significant given the high-profile nature of the companies we have seen enter administration."

The number of administrations was 64% higher than in the final quarter of 2011, but there is normally a rise in the first three months of the year when trading slows down after the Christmas peak and retailers struggle to pay their quarterly rent bill.

Retailers such as Game and Peacocks were bought out of administration but have seen large chunks of their store estate closed.

But Deloitte said many retailers across the UK still have too many stores as shoppers increasingly look for cheaper deals online.

It has suggested in a recent report that chains may need to reduce store numbers by 40%, which is likely to cause further pain for the UK's beleaguered high streets.

Mr Manning added: "Whilst the quarterly rent day often sets the timing for the insolvency, a significant trigger in a number of recent administrations is that many retailers have too many marginal stores."

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The battle of the weeds

Expert horticultural advice from local gardener Jo Golesworthy

THOSE PESKY PLANTS that force their way up through paving, invade our flower beds and destroy our prize summer shows are wreaking havoc in our gardens already. The recent warm spell combined with the weekend's downfall of rain has rendered the garden a haven for annual and perennial weeds. Here's how to remove and prevent weeds from taking up residence in your garden

> "One dandelion flower can produce hundreds of seeds... pay a child 2p a dandelion head to remove them from your lawn"

Tip 1: Recognise weeds at seedling stage. Their leaves are fresh and green and they stick out like a sore thumb. Bitter cress, fat hen, chickweed and speedwell are all commonly found and grow from seed in any soil conditions.

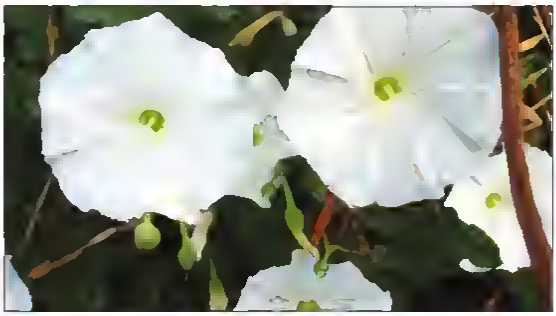
Tip 2: Get them out before they flower. If you can reach the weed before the flower disperses the seed half the battle's won. One flower can produce hundreds of seeds that will happily invade any part of your lawn. You could do what my mother-in-law does and pay a child 2p a dandelion head to remove them from your lawn.

Tip 3: Get all perennial weeds out by the roots. It's a bit of effort but it's worth it in the end. Nettles, brambles and thistles all have strong root systems that help feed them during the winter months. Get as much of the root out as possible as even the smallest bit left in the ground will re-grow. They're tenacious little blighters.

Tip 4: Don't put weeds on your compost heap. Annuals and perennials will happily take residence in your compost bin and spread around your garden. Create a separate area for the weeds and take them down to the tip.

Tip 5: Invest in a good hoe. Keep it sharp and clean. This is the best weapon you can use and will help save you time and effort in the long run.

Tip 6: Mulch. This is fantastic on so many levels but with regards to weeds to prevents



them from getting to the surface of the soil and growing.

Where possible avoid using chemicals. They're unnecessary and can do more harm than good.

Jo Golesworthy
Horticulturalist, gardener, writer and designer

If you have any queries, questions or quandaries related to gardening or are looking for someone to work in, or advise you on your garden do drop me an email at jgolesworthy@hotmail.com

Giant "Eiffel flower" grown from Asda sunflower seed

WHEN Eve Fielding planted her sunflower seeds last year she had no idea one would grow over 20ft.

She had challenged her granddaughter to a race to grow the biggest sunflower – and planted the leftover seeds in her garden "to see what happened."

The sunflower quickly dwarfed all the other flowers in her back garden in Margate, Kent and shot up to a whopping 23ft high.

Nicknamed the "Eiffel flower" it was even featured in the national press.

She told the Metro newspaper: "I watered it every day but I didn't put anything special in the soil or anything daft. It just carried on growing."

The Guinness world record for the tallest sunflower belongs to Hans-Peter Schiffer, from Kaarst-Voorst in Germany. His plant was measured at 26ft 4ins on August 17, 2009.

If you'd like to try growing your own sunflower you can buy Unwins seeds in Asda for just £1.50 a packet or 3 for £4.

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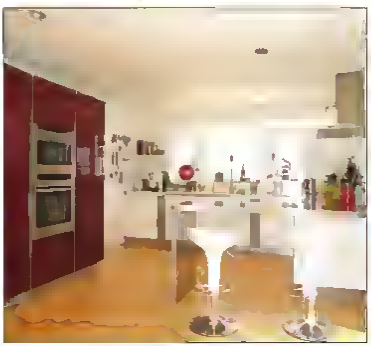

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ALDWICK BAY ESTATE **£725,000**

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ALDWICK **£675,000**

A detached detach front house in small private estate. gas c.h. u.P.V.C. double glazed. security alarm. dual aspect ground floor sitting/dining room. kitchen/breakfast room. utility room. dual aspect lounge on mezzanine floor. master bedroom with en suite bathroom and balcony. two further double bedrooms. second bathroom. doudle garage. South facing rear garden unobstructed SEA VIEWS. direct private beach access.

ALDWICK BAY ESTATE **£650,000**

A five bedroom detached house situated in the Aldwick Bay private marine estate 150 yards from the beach. gas c.h. double glazed. South facing open plan lounge and din.rm., garden rm., kit/brk.rm., master bed with e.s. bath. guest suite with e.s. bath and dress.rm., bed 3/study, two second flr., beds and shower rm., integ. garage with room over. carport. South facing garden.

CRAIGWEIL-ON-SEA **£570,950**

A detached family house situated in a private cul-de-sac within 200 yards of the private beach. G.f.h. u.P.V.C. dble glazing, impressive entrance hall, triple aspect lounge, sep. dining room, dual aspect kitchen/breakfast room, utility rm, 'L' shaped sun room, master bedroom with en suite bathroom and balcony, three further bedrooms, second bathroom with sep. w.c., detached double garage and gardens.

ALDWICK BAY ESTATE **£385,000**

An extended 2/3 bedroom detached cottage situated on a corner plot of a private marine estate approx. half a mile from the private beach. The property, which has been extended in recent years now includes g.f.h. u.P.V.C. double glazing, shower room, dual aspect lounge, garden room / dining room/ ground floor bedroom, kitchen/breakfast room with attached utility room, two first floor bedrooms, bathroom, two garages. West facing rear garden.

ALDWICK **£325,000**

A three bedroom first floor apartment in development of six in walled gardens immediately adjacent to the beach. gas central heating. u.P.V.C. double glazed. carpets. cloakroom. lounge dining room with library area. South facing balcony. kitchen. master bedroom with en suite bathroom and dressing area. second bathroom. garage. UNOBSTRUCTED SEA VIEWS.

NYETIMBER **£310,000**

A detached cottage situated approx half a mile from shopping facilities and beach. G.F.H. double glazing. dual aspect lounge dining room opening to a sun room. kitchen. utility room with cloakroom. master bedroom with en suite shower room. second bedroom. bathroom. garage. South East facing rear garden. parking for four cars and a caravan on the frontage.

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Buying a UK property is £116 a month cheaper than renting

LOW mortgage rates mean that it is cheaper to own your home and pay the mortgage than rent, according to a new review by the Halifax.

Halifax has released a study that tracks the cost of buying and renting a three bedroom property across the UK. The study reveals that paying the mortgage is more £100 a month cheaper than renting.

The typical monthly cost of buying a three bedroom house in the UK in December 2011 was £600, against the average rental cost of £716 per month for a similar property. This means that it is £116 a month cheaper (16 per cent) to own a property than rent.

The research shows a major change in the cost of renting against buying. Just three years ago, owning your home cost an average of 29 per cent more than renting. It also illustrates the relative low cost of being a homeowner in 2011. The monthly costs associated with buying accounted for just 29 per cent of UK disposable income in 2011, compared to 47 per cent in 2008.

This shows that home buying costs have fallen by over a quarter since 2008, by £328. This is due to the fall in average monthly mortgage payments caused by low mortgage rates.

House prices have fallen by an average of 11 per cent since 2008, and mortgage repayments have fallen by around a third or £242 due to lower rates. The average mortgage rate for a new borrower was 3.03 per cent in 2011, compared to 5.75 per cent in 2011.

However, although owning a home is significantly cheaper once you are on the property ladder, the difficulty of raising the required deposit and being accepted for a mortgage for the first time has impacted on the number of new borrowers. This increases the demand for rental property which has resulted in the average cost of renting going up by nine per cent (£62) a month since 2009.

The number of new mortgages agreed in 2011, 510,000 was the lowest annual total since 1974 and fell by six per cent from 2010. This is in part because the deposit required has doubled in the past decade and the associated costs of getting a mortgage such as stamp duty and estate agents fees have increased.

Buying a home was shown to be more cost-effective than renting in 11 out of 12 UK regions in December 2011, with renting only cheaper in Wales. In December 2008 it was cheaper to rent in all 12 UK regions. Over the past 12 months the cost of buying a home has fallen by five per cent, whilst the cost of renting has increased by a similar amount, continuing the trends seen in 2010.

The cost of buying includes mortgage payments, income lost by funding a deposit rather than saving, spending on household maintenance and repair and insurance costs. UK figures are a weighted average of regional data using housing tenure figures.

Martin Ellis, housing economist at Halifax, said: "The affordability gains for buyers relative to renters in the last three years have been significant. The average mortgage payment has fallen dramatically over recent years as a result of falling house prices and mortgage rates. At the same time, rents have risen due to strong demand for rented accommodation.

"Nonetheless, despite the improvement in the relative affordability of buying a home, the number of purchasers has continued to fall due to the ongoing challenges in raising a deposit and the considerable uncertainty over the prospects for the UK economy, which have severely constrained housing demand."

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Jaguar announces all-new sports car: The Jaguar F-TYPE

THE ALL-NEW Jaguar F-TYPE sports car will expand the Jaguar model line. The Jaguar "Alive" campaign accelerates with this new product announcement.

At the New York International Auto Show, Jaguar formally announced that an all-new sports car will enter production, the Jaguar F-TYPE. A true two-seat sports car, the Jaguar F-TYPE will launch as a convertible becoming the fourth model in the current line of innovative and seductive cars, along with the XF sports sedan, the XJ luxury sedan and the XK coupe/convertible.

Benefitting from Jaguar's leading expertise in aluminium vehicle construction, the Jaguar F-TYPE will focus uncompromisingly on delivering a rewarding drive experience. A range of engines will be available, including a new powerplant family. All will deliver stunning sports car performance.

Adrian Hallmark, Global Brand Director, Jaguar Cars, confirmed: "We showed the C-X16 concept in September 2011, and the reaction to it has been so positive that we've accelerated our development of an all-new Jaguar sports car. That car will be called the Jaguar F-TYPE, and it will be unveiled in production form later this year. The core appeal of Jaguar's cars is their sporting heart, and that heart will beat stronger than ever before in the F-TYPE. Its development is a vivid representation of the confidence and ambition of the Jaguar brand, and the desire amongst our engineers and design team to produce a world leader in a market segment that we have been absent from for too long. But no longer, the F-TYPE is coming."

This also marks the point at which the rigorous development program for the Jaguar F-TYPE moves into the final road testing phase. Engineering prototypes are now being placed into service at Jaguar's Castle Bromwich plant in the British Midlands. This is the same plant at which will build the production car.

Ian Hoban, Jaguar's Vehicle Line Director said: "The engineering development of the F-TYPE has focused on delivering a heightened level of dynamic driving reward. We are excited about our progress to date and are looking forward to soon being able to demonstrate what we have achieved."

Ian Callum, Director of Design, said: "A true sports car needs to be pure in both its purpose and its form, to have the opportunity to produce such a car for Jaguar has been a privilege both for myself and for my team. The C-type, D-type and E-type Jaguars were all sports cars that held true to this principle in their era, and the F-TYPE will hold true to that same principle in its time, a time that is soon to arrive."

Full Jaguar F-TYPE technical and model range details will be announced later in 2012. It will go on sale in mid-2013.

About Jaguar

Jaguar Cars Limited is a premier manufacturer of luxury sedans and sports cars offering unparalleled design with tremendous performance. The company's vision throughout its storied history has been simple: To produce beautiful, fast cars that are desired the world over. Jaguar strives to provide a world class ownership experience to every owner. Today's Jaguar lineup consists of the XJ luxury sedan, XF sports sedan and the XK coupe and convertible sports cars. Jaguar designs, engineers and manufactures exclusively in the United Kingdom, at the Castle Bromwich manufacturing plant in the British Midlands. Jaguar is fully engaged with sustainability initiatives and social concerns with continuous involvement in environmental and community programs.

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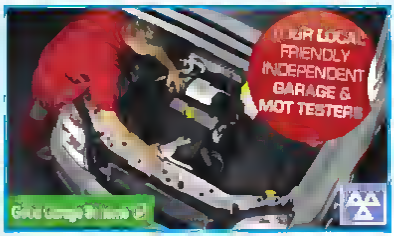

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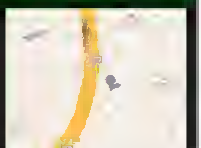

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Horse Racing

£1 Million prize to make Frankel vs Black Caviar a reality

QIPCO and Goodwood Racecourse has announced that the world's most beautiful race venue is bidding to stage the year's most eagerly anticipated clash between the two unbeaten stars of international flat racing – Frankel and Black Caviar

With a total of 28 victories from 28 runs between them, Frankel and Black Caviar are officially the two highest rated horses in the world. In 2011 Frankel established himself as the champion in Europe with a series of scintillating performances Meanwhile, in an unbeaten run stretching a remarkable 19 races, Black Caviar is the darling of Australian racing who is due to be campaigned in Europe this summer

The sponsors, QIPCO Holding, have offered to increase the prize money for the QIPCO Sussex Stakes to £1m should both Black Caviar and Frankel line up for the prestigious Group One mile race on 1st August 2012. The prize fund is currently £300,000.

Sheikh Fahad Al Tham has been instrumental in the efforts to make this mouth watering clash happen. Together with his brothers, Sheikh Fahad oversees the running of QIPCO Holding. His bloodstock interests include the stallion, Makfi, while through Pearl Bloodstock Sheikh Fahad owns over fifty horses in training, including 2011 Melbourne Cup winner Dunaden.

Mindful of the fact that the QIPCO Sussex Stakes represents arguably the best opportunity for Frankel and Black Caviar to face each other during the forthcoming season, this generous sporting gesture has been offered to stimulate even greater interest in the prospective contest

Sheikh Fahad said "In their respective home countries, Frankel and Black Caviar have gained levels of public interest matched only by true champions of the past The sport is blessed to have two such outstanding horses competing at the same time and consequently we felt it would be remiss not to make every effort to try to bring about the race everyone wants to see. The Sussex Stakes is arguably the only realistic chance of the two horses meeting, and we are delighted to make the gesture of increasing the prize fund to £1m as an incentive to the connections of both horses to run at Goodwood."

"With a series of astounding performances between them attracting worldwide acclaim, the opportunity to stage the race in which Frankel and Black Caviar do battle is an extremely exciting prospect for Adam Waterworth, Managing Director of Goodwood Racecourse "In 2011, we witnessed the 'Duel on the Downs' between Frankel and Canford Cliffs, which generated a huge amount of publicity and was a great success for us and QIPCO A meeting between Frankel and Black Caviar in the QIPCO Sussex Stakes at this year's Glorious Goodwood Festival would be the international racing event of the year, and we are very grateful to Sheikh Fahad and QIPCO for their commitment which may make it a reality."

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Sport

City get win and hope

One win and one defeat for new boys

CHICHESTER CITY Football Club are clinging on to division one status by the skin of their teeth after a win and ground grading issues has given them some hope of beating the drop

The new look management team suffered a nightmare start at City as they crashed to a heavy defeat at home to Lingfield But an impressive win against near neighbours Arundel just a couple of days later have given the club fresh hope

Against Lingfield, the City starting line-up comprised NINE debutants, along with veteran Paul Stevens playing at centre-half and Steve Cotton the only surviving player from beforehand on the team sheet.

Oliver Brooks levelled after Lingfield had taken an early lead but their opponents went on to hit a further five goals in a 6 – 1 score line.

But there was better news on Monday as Michael Grant's 18th minute goal was enough to see off a poor Arundel side

Former Rocks player and ex-Portsmouth ladies head coach Neil Sherlock and technical director at Brighton and Hove Girls Centre of Excellence Alex Twitchen are the new men at the helm as they looks to build for the future.

The duo has an impressive CV between them and looks to be solid appointments with plenty of experience. They replace long serving former boss Adie Girdler, who left the club at the end of March

City will be hoping for another win this Saturday against lowly Ringmer which could enable them to jump off the bottom of the league which would prove critical come the end of the season City is currently two points adrift of next placed St Francis Rangers, a position which, although in the relegation places, could be a survival place if the teams who are due to be promoted fail their ground grading requirements This all means the team, who finish bottom, could be the only team who drops down a division

Football

Results

Saturday 7 April 2012
Division 1
Chichester City 2-6 Lingfield
Ringmer 0-1 Arundel
Selsey 2-0 Worthing Utd

Division 2
Midhurst & Easebourne 3-2 Eastbourne Utd AFC

Division 3
Bexhill 2-1 TD Shipley
Forest 2-2 Barnham

Monday 9 April 2012
Division 1
Chichester City 2-0 Arundel
Pagham 1-1 Selsey

Division 2
Midhurst & Easebourne 2-4 Loxwood

Division 3
Barnham 2-4 Burgess Hill Town
Clymping 0-1 Ferring

Fixtures

Saturday 14 April 2012
Division 1
Chichester City v Ringmer
Redhill v Arundel
Selsey v East Grinstead Town
Three Bridges v Pagham

Division 2
Midhurst & Easebourne v Seaford Town

Division 3
Barnham v Hall & Edwards
Broadbridge Heath v Bexhill
Newhaven v Clymping

Tuesday 17 April 2012
Division 1
Three Bridges v Chichester City

Division 2
Midhurst & Easebourne V Loxwood

Division 3
Bexhill V Barnham
Clymping V Ferring

Sussex County Football League

DIVISION 1

Team	P	W	D	L	F	A	GD	PTS
RYE UNITED	36	25	6	5	94	42	53	81
THREE BRIDGES	34	26	3	5	85	32	53	81
LANCING	35	23	8	4	75	34	41	77
HASSOCKS	37	21	6	10	84	37	27	69
PAGHAM	35	20	7	8	76	47	29	67
LINGFIELD	35	19	7	9	85	53	32	64
PEACEHAVEN & TELS	35	19	7	9	73	47	26	64
REDHILL	35	16	5	14	80	59	21	53
SIDLEY UNITED	37	15	5	17	45	57	-12	50
AFC UCKFIELD	35	14	7	14	63	63	0	49
EAST GRINSTEAD TOWN	36	15	4	17	64	74	-10	49
SELSEY	36	13	5	18	60	70	-10	44
CROWBOROUGH ATHLETIC	37	12	7	18	68	77	-9	43
WORTHING UNITED	35	9	12	14	57	81	-24	39
RINGMER	36	11	5	20	48	60	-12	38
ARUNDEL	36	10	7	19	56	82	-26	37
SHOREHAM	37	9	9	19	63	89	-26	36
HORSHAM YMCA	37	11	3	23	48	78	-30	36
ST FRANCIS RANGERS	36	1	13	22	35	80	-45	16
CHICHESTER CITY	34	4	2	28	32	90	-58	14

DIVISION 2

Team	P	W	D	L	F	A	GD	PTS
EAST PRESTON	32	29	2	1	119	27	92	89
HAILSHAM TOWN	31	21	6	4	80	33	47	69
DORKING WANDERERS	31	19	6	6	71	42	29	63
LITTLEHAMPTON TOWN	32	14	12	6	60	35	27	54
EASTBOURNE UNITED AFC	34	15	8	11	54	49	5	53
LOXWOOD	32	16	4	12	59	64	-5	52
BEXHILL UNITED	33	15	5	13	57	62	-5	50
SOUTHWICK	34	12	12	10	44	40	4	48
STORRINGTON	33	11	8	14	62	57	5	41
MILE OAK	34	12	4	18	58	65	-10	40
RUSTINGTON	33	10	10	13	52	65	-13	40
STEYNING TOWN	32	9	7	16	49	68	-19	34
WESTFIELD	32	8	9	15	53	69	-16	33
WICK	32	9	6	17	39	66	-27	33
SEAFORD TOWN	33	9	4	20	46	62	-16	31
LITTLE COMMON	33	7	8	18	51	69	-18	29
MIDHURST & EASSEBOURNE	32	9	3	20	58	99	-41	*29
OAKWOOD	33	5	12	16	44	83	-39	27

DIVISION 3

Team	P	W	D	L	F	A	GD	PTS
SALTDEAN UNITED	26	19	5	2	79	32	37	62
NEWHAVEN	27	19	4	4	114	32	82	61
PEASE POTTAGE VILLAGE	27	19	1	7	83	40	43	58
BARNHAM	26	17	3	6	76	35	41	54
BROADBRIDGE HEATH	27	16	4	7	60	37	23	52
FOREST	27	15	4	8	60	45	15	49
ROTTINGDEAN VILLAGE	27	13	3	11	49	62	-13	42
FERRING	27	12	4	11	44	34	10	40
UCKFIELD TOWN	27	10	9	8	56	47	9	39
BOSHAM	29	9	6	14	44	33	11	33
HURSTPIERPOINT	30	9	6	15	45	61	-16	33
IFIELD EDWARDS	27	9	5	13	44	53	-9	32
TD SHIPLEY	27	9	1	17	48	64	-16	28
CLYMPING	29	5	3	21	31	90	-59	18
HAYWARDS HEATH TOWN	29	3	7	19	28	65	-37	16
ROFFEY	30	2	5	23	33	102	-69	11

* 1pt deducted - ineligible player

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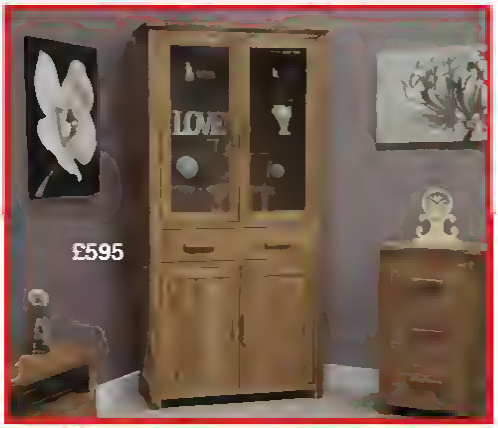

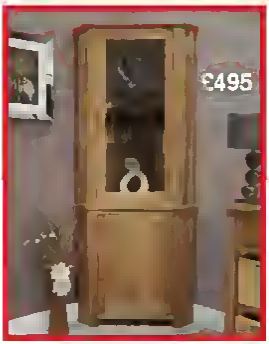

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